The Believer's Provision Series 3

وِرْد
اليوم والليلة

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Daily and Nightly Supplications

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Introduction by
Shaikh Abdullah Ibn Abdurrahman Al-Jibreen

ورد اليوم والليلة

Daily and Nightly Supplications

How Best
To
Start and End your Day

Dr. Khaled Al-Jeraisy

Translated by

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بسم الله الرحيم

Contents

Foreword

Praise and thanks be to Allah. I do exalt Him and seek His forgiveness. I testify that there is no God but Allah. He is the only Lord. We worship none but Him. I testify that Muhammad is Allah's slave and Messenger - may Allah's peace and blessings be unto him, his kin and his *sahaabah* (companions).

I have read this *wird* of *Daily and Nightly Supplications*, selected by Khaled Ibn Abdul-Rahman Al-Jeraisy from Prophet Muhammad's established prayers. Though brief, the *wird* is as beneficial as a detailed one. May Allah reward the writer for choosing the *wird* contents and bless his efforts and works. May Allah's peace and blessings be unto Prophet Muhammad, his kin and his *sahaabah*.

Abdullah Ibn Abdul-Rahman Al-Jibreen
1/9/1421 H.

Introduction

Praise be to Allah, Who makes the dawn break, has designated night for rest, and grants His slaves their provisions from His bounty. None can do without Him, but He is in no need at all. He is immortal, but we are not. To Him belongs perfection, but to us imperfection belongs. I do praise Him in private and in public.

I testify that there is no God, but Allah, alone without partners. I testify to His absolute oneness, a testimony most valued on the Day when oneness matters most. I also testify that Muhammad is His slave and Messenger, master of the trustworthy elite, who says, "Vie for doing good deeds before you are tried."[1] He is the best at remembering His Lord at all times. It is with him that Allah has perfected the Light of Islam, and has removed the darkness of polytheism. May Allah's peace and blessings be unto him, his kin, his *sahaabah* (who are like the brightness of

daylight and the shining stars at night) and his genuine followers.

If constantly done, deeds generally increase in value, and the earlier and more properly concluded the better. Remembrance of Allah by day and night has great value and special reward. Therefore, I have compiled in this booklet a selection of *adhkaar* (remembrance supplications) from the Prophet's established prayers. In the Arabic text, the *adhkaar are* properly marked with inflection signs to facilitate reading and learning. Also, the *adhkaar* are arranged in the order of their respective times in accordance with the Muslim's usual daily and nightly activities. Special attention is given to supplications for early morning and evening sessions. The *adhkaar a*re arranged in such a way as to be - by Allah's Grace - learnable and accessible at all times. In order to facilitate learning the *adhkaar* by heart, we have made a voice recording of the *wird* - thanks be to Allah.

This booklet consists of two chapters: Chapter 1 is concerned with the supplications concomitant with the

Muslim's usual activities in one day and night; Chapter 2 is concerned with the early morning and evening *adhkaar*.

The Arabic edition is supplemented by a card on which is recorded the early morning and evening *adhkaar*. It is easy to carry, so its benefit can spread widely, and those who do not easily learn by heart can make good use of it. This is considered a response to Allah's command: "(125) Call unto the way of thy Lord with wisdom and fair exhortation...." [Surat An-Nahl, Ayah 125]. By it I am seeking reward from Allah, as promised in the Hadith: "If one directs others to a good deed, one is entitled to a reward (from Allah) equal to that of those who do it (following his direction)."[2] I pray to Allah, the Exalted, to accept my effort in the production of this booklet, and to make it well received in this world.

I hope that whoever benefits from this booklet will pray for me and my parents at the most opportune times for prayer. However, I hope that whoever finds faults with the booklet will be so kind as to have

them corrected, if possible, in a manner
indicative of knowledge and good intention.
Whatever power or strength I may have is
from Allah, the Magnificent; He suffices me,
on Him I rely, and from His Bounty comes my
provision. May Allah's peace and blessings be
unto His Prophet Muhammad, his kin, his
sahaabah and those who follow his Sunnah
and guidance.

Khaled Al-Jeraisy

Pronunciation Guide

In this text, each supplication appears in this format: an English transliteration (in italics) of the Arabic original, followed by a translation of the meaning in English (in parentheses), then by the Arabic original.

Below is a Pronunciation Guide, which aims to facilitate reading the transliteration of the Arabic original. It avoids technical terms and provides a simplified approximation of Arabic pronunciation. At the bottom of each two pages, there are words representing, to a great extent, the pronunciation symbols.

Symbol	Arabic Letters	Examples
/th/	ث	*Th*ick, heal*th*
/đ/	ذ	*Th*at, wi*th* - the tongue tip is between the teeth.
/ħ/	ح	*h*amada (praised), fata*h*a (opened); it sounds like the 'h' in 'hat', but the air scrapes through the throat.

/h/	هـ	**H**ome
/s/	س	**s**ee, mi**s**s [the tip of the tongue is closer to the upper and lower teeth as in **S**].
/S/	ص	Sounds like the letter 's', as in '**s**un' and '**s**on', but fuller; the front of the tongue touches the front of the roof of the mouth.
/z/	ز	**Z**ero, plea**s**e
/Ž/	ظ	Sounds like the letters 'th', as in '**th**us', but fuller. The tongue tip touches the upper teeth from inside.
/sh/	ش	**Sh**out, pu**sh**
/d/	د	**d**a**d** [the tip of the tongue is closer to the teeth ridge as in **D**.
/D/	ض	Sounds like the letter 'd', as in '**d**ug' and 'mu**d**', but the front of the tongue, rather than the tip itself, touches the front of the roof of the mouth. It sounds fuller than /d/.
/gh/	غ	Pa**r**is (as pronounced by the French), **gh**aadara (Arabic 'left'). The back of the tongue touches the roof of the mouth.

/w/	و	**W**eek, co**w**
/kh/	خ	Loug**h**ness, **Kh**alid (name) - the back of the tongue touches the roof of the mouth, with air passing through them causing a friction.
/ʕ/	ع	'**a**rafat (name), '**u**d (come back), '**i**freet (ghost)
/ŋ/		Ri**ng**, ta**n**k, mo**n**k - it sounds like the letter 'n', but less obvious, and air is diverted towards the nose.
/T/	ط	Sounds like the letter 't', but fuller, as in 'bu**tt**er' and 'Qa**t**ar'. The front of the tongue, rather than the tip, touches the front of the roof of the mouth.
/u/		Sh**ou**ld, c**ou**ld, p**u**t
/uu/		M**oo**n, gr**ou**p, fr**ui**t
/i/		**i**n, s**i**n.
/ee/		D**ea**l, f**ee**l.
/a/		**A**dmire, h**a**ppy
/aa/		d**a**m, m**a**d - Arabic words: m**aa**ta (died); **aa**ba (returned).
/aa/		st**a**r, c**a**r - Arabic words: q**aa**la (said); S**aa**ma (fasted)

/ay/		*i*ce, f*i*nd
-		Do NOT pause. Read on.
( )		Pronounce the symbols inside the brackets if you read on. Do not read them if you pause or stop.
ﷺ		It means: May Allah's prayers and peace be upon him. Read it as: */Sallal-laahu ʕalayhi wa-sallam/*.
ﷻ		It means: Honor and majesty be to Allah. Read it as: */ʕazza wa jalla/*.

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Chapter 1

Supplications for Typical Situations

1. Supplication on Waking up
On waking up, one should pray:

/alħamdu-lil-laahil-lađee   aħyaanaa   baζda maa amaatanaa, wa-ilayhin-nushuur/

"Praise be to Allah, Who has given us life after death (sleep), and unto Him is the Resurrection."[3]

«الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ».

One can also pray:

/alħamdu-lil-laahil-lađee   ζaafaanee   fee jasadee, wa-radda ζalayya ruuħi, wa-ađina lee bi-đikrih/

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

"Praise be to Allah, Who has made my body sound, returned my soul into my body and permitted me to remember Him."[4]

«الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي فِي جَسَدِي وَرَدَّ عَلَيَّ رُوحِي وَأَذِنَ لِي بِذِكْرِهِ».

2. Supplications on Going into and Coming out of the Lavatory

When one is about to step into the lavatory, one should supplicate:

/allaahumma innee a‘uuđu bika minal-khubuthi wal-khabaa-ith/

"O Allah! I seek refuge in You from male and female devils."[5]

«اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ».

After one gets out of the lavatory, one should say:

/ghufraanak/

/a/ = h**a**ppy; /aa/ = l**a**mb; /aa/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /đ/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = **P**aris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

"Grant me Your forgiveness"[6].

«غُفْرَانَكَ».

3. Supplication after waking up at Night and Doing *Wuduu'*

After one wakes up during the night, does *wuduu'* (washes for *salaah*) and brushes one's teeth, one should recite / read the following Ayahs[7]:

/(190) inna fee-khalqis-samaawaati wal-arDi wa-khtilaafil-layli wan-nahaari la-aayaat(il) li-ulilalbaab(i) (191) allaḍeena yaḍkuruunal-laaha qiyaamaw-wa quʕuudaw-wa-ʕalaa junuubihim, wa yatafakkaruuna fee-khalqissamaawaati wal-arD(i), rabbanaa maa khalaqta haḍaa baaTila(ŋ) subḥaanak(a), faqinaa ʕaḍaaban-naar (192) rabbanaa innaka maŋ tudkhilin-naara faqad akhzaytah(u), wa-maa liŽ-Žaalimeena min aŋSaar (193) rabbanaa innanaa samiʕnaa munaadi-yay-yunaadee lil-eemaani an

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/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ž/ = Thus

aaminuu bi-rabbikum fa-aamannaa, rabbanaa faghfir lanaa đunuubanaa, wa-kaffir ζannaa sayyi-aatinaa, wa-tawaffanaa maζal-abraar, (194) rabbanaa wa-aatina maa waζattana ζalaa rusulik(a), wa-laa tukhzinaa yawmal-qiyaama(ti), innaka laa tukhliful-meeζaad/

(195) fastajaaba lahum rabbuhum annee laa uDeeζu ζamala ζaamilim-miŋkum miŋ đakarin aw uŋthaa baζDukum-mimbaζD, fal-lađeena haajaruu wa ukhrijuu miŋ diyaarihim wa uuđuu fee sabeeli wa-qaataluu wa-qutiluu la-ukaffiranna ζanhum sayyi-aatihim, wa-la-udkhilannahum jannaatiŋ tajree miŋ taħtihal-anhaar(u), thawaabam-min ζiŋdillaah(i), wal-laahu ζndahu ħusnuth-thawaab (196) laa yaghurrannkal-lađeena kafaruu fil-bilaad (197) mataaζuŋ qaleeluŋ thumma ma'waahum jahannam(u) wabi'sal-mihaad (198) laakinil-lađeenat-taqaw rabbahum lahum jannaatuŋ tajree miŋ tahtihal-anhaaru khaalideena feeha, nuzulammin ζiŋdillaah, wa

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/a/ = h**a**ppy; /aa/ = l**a**mb; /**aa**/ = st**a**r; /ay/ = f**i**nd; /đ/ = ba**d**, /d/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = **P**aris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

ma ʕiɳdallaahi khayrul-lil-abraar (199) wa-immin ahlilkitaabi lamy-yu'minu billlaahi wa maa unzila ilaykum wa maa unzila ilayhim khaashiʕeena lillaah(i), laa yashtruuna bi-aayaatil-laahi thamanaɳ qaleelaa, ulaa-ika lahum ajruhum ʕinda rabbihim, innal-laaha sareeʕul ħisaab (200) yaa ayyuhal-lđaeena aamanuSbiruu wa Saabiruu waraabiTuu wattaqul-laaha laʕallakum tufliħuun/

"(190) Lo! In the creation of the heavens and the earth and (in) the difference of night and day are tokens (of His sovereignty) for men of understanding, (191) Such as remember Allah, standing, sitting, and reclining, and consider the creation of the heavens and the earth, (and say): Our Lord! You created not this in vain. Glory be to You! Preserve us from the doom of Fire (192) Our Lord! Whom You caused to enter the Fire: him indeed You have confounded. For evil doers there will be no helpers. (193) Our Lord! Lo! We have heard a crier calling unto Faith: 'Believe you in your

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/i/ = sit; /ɳ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

Lord!' So we believed. Our Lord! Therefore forgive us our sins, and remit from us our evil deeds, and make us die the death of the righteous. (194) Our Lord! And give us that which You have promised to us by Your messengers. Confound us not upon the Day of Resurrection. Lo! You break not the tryst. (195) And their Lord has heard them (and He says): Lo! I suffer not the work of any worker, male or female, to be lost. You proceed one from another. So those who fled and were driven forth from their homes and suffered damage for My cause, and fought and were slain, verily I shall remit their evil deeds from them, and verily I shall bring them into Gardens underneath which rivers flow. A reward from Allah. And with Allah is the fairest of rewards. (196) Let not the vicissitude (of the success) of those who disbelieve, in the land, deceive you (O Muhammad). (197) It is but a brief comfort. And afterward their habitation will be hell, an

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/a/ = happy; /aa/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad; /d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has; /ḥ/ = ḥulm (Arabic dream);

ill abode. (198) But those who keep *taqwa* of their Lord, for them are Gardens underneath which rivers flow, wherein they will be safe for ever. A gift of welcome from their Lord. That which Allah has in store is better for the righteous. (199) And Lo! Of the People of the Scripture there are some who believe in Allah and that which is revealed unto you and that which was revealed unto them, humbling themselves before Allah. They purchase not a trifling gain at the price of the revelations of Allah. Verily their reward is with their Lord, and Lo! Allah is swift to take account. (200) O you who believe! Endure, outdo all others in endurance, be ready, and observe *taqwa* of Allah, in order that you may succeed." [Surat

Al-Imraan / Ayahs 190-200].

إِنَّ فِى خَلْقِ ٱلسَّمَوَٰتِ وَٱلْأَرْضِ وَٱخْتِلَٰفِ ٱلَّيْلِ وَٱلنَّهَارِ لَآيَٰتٍ لِّأُوْلِى ٱلْأَلْبَٰبِ ۝ ٱلَّذِينَ يَذْكُرُونَ ٱللَّهَ قِيَٰمًا وَقُعُودًا وَعَلَىٰ جُنُوبِهِمْ وَيَتَفَكَّرُونَ فِى خَلْقِ ٱلسَّمَوَٰتِ وَٱلْأَرْضِ رَبَّنَا مَا

/i/ = sit; /ŋ/ = ta**n**k / ri**ng**; /s/ = **s**et; /S/ = **s**um; /sh/ = **sh**e; /th/ = **th**ink; /T/ = **t**ub; /u/ = co**u**ld; /uu/ = f**oo**d; /w/ = co**w**; /z/ = **z**ero; /Ż/ = **Th**us

خَلَقْتَ هَٰذَا بَٰطِلًا سُبْحَٰنَكَ فَقِنَا عَذَابَ ٱلنَّارِ ۝ رَبَّنَا إِنَّكَ مَن تُدْخِلِ ٱلنَّارَ فَقَدْ أَخْزَيْتَهُ ۖ وَمَا لِلظَّٰلِمِينَ مِنْ أَنصَارٍ ۝ رَبَّنَا إِنَّنَا سَمِعْنَا مُنَادِيًا يُنَادِى لِلْإِيمَٰنِ أَنْ ءَامِنُوا۟ بِرَبِّكُمْ فَـَٔامَنَّا ۚ رَبَّنَا فَٱغْفِرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّـَٔاتِنَا وَتَوَفَّنَا مَعَ ٱلْأَبْرَارِ ۝ رَبَّنَا وَءَاتِنَا مَا وَعَدتَّنَا عَلَىٰ رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ ٱلْقِيَٰمَةِ ۗ إِنَّكَ لَا تُخْلِفُ ٱلْمِيعَادَ ۝ فَٱسْتَجَابَ لَهُمْ رَبُّهُمْ أَنِّى لَا أُضِيعُ عَمَلَ عَٰمِلٍ مِّنكُم مِّن ذَكَرٍ أَوْ أُنثَىٰ ۖ بَعْضُكُم مِّنۢ بَعْضٍ ۖ فَٱلَّذِينَ هَاجَرُوا۟ وَأُخْرِجُوا۟ مِن دِيَٰرِهِمْ وَأُوذُوا۟ فِى سَبِيلِى وَقَٰتَلُوا۟ وَقُتِلُوا۟ لَأُكَفِّرَنَّ عَنْهُمْ سَيِّـَٔاتِهِمْ وَلَأُدْخِلَنَّهُمْ جَنَّٰتٍ تَجْرِى مِن تَحْتِهَا ٱلْأَنْهَٰرُ ثَوَابًا مِّنْ عِندِ ٱللَّهِ ۗ وَٱللَّهُ عِندَهُۥ حُسْنُ ٱلثَّوَابِ ۝ لَا يَغُرَّنَّكَ تَقَلُّبُ ٱلَّذِينَ كَفَرُوا۟ فِى ٱلْبِلَٰدِ ۝ مَتَٰعٌ قَلِيلٌ ثُمَّ مَأْوَىٰهُمْ جَهَنَّمُ ۚ وَبِئْسَ ٱلْمِهَادُ ۝ لَٰكِنِ ٱلَّذِينَ ٱتَّقَوْا۟ رَبَّهُمْ لَهُمْ جَنَّٰتٌ تَجْرِى مِن تَحْتِهَا ٱلْأَنْهَٰرُ خَٰلِدِينَ فِيهَا نُزُلًا مِّنْ عِندِ ٱللَّهِ ۗ وَمَا عِندَ ٱللَّهِ خَيْرٌ لِّلْأَبْرَارِ ۝ وَإِنَّ مِنْ أَهْلِ ٱلْكِتَٰبِ لَمَن يُؤْمِنُ بِٱللَّهِ وَمَا أُنزِلَ إِلَيْكُمْ وَمَا أُنزِلَ إِلَيْهِمْ خَٰشِعِينَ لِلَّهِ لَا يَشْتَرُونَ بِـَٔايَٰتِ ٱللَّهِ ثَمَنًا قَلِيلًا ۗ أُو۟لَٰٓئِكَ لَهُمْ أَجْرُهُمْ عِندَ رَبِّهِمْ

/a/ = h**a**ppy; /aa/ = l**a**mb; /**aa**/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /d/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = **P**aris); /h/ = **h**as; /ḥ/ = **ḥ**ulm (Arabic dream);

إِنَّ اللَّهَ سَرِيعُ الْحِسَابِ ۞ يَـٰٓأَيُّهَا الَّذِينَ ءَامَنُوا۟ اصْبِرُوا۟ وَصَابِرُوا۟ وَرَابِطُوا۟ وَاتَّقُوا۟ اللَّهَ لَعَلَّكُمْ تُفْلِحُونَ ۞

[آل عِمرَان: ١٩٠-٢٠٠].

4. Supplication after *Wudhuu'*

As soon as one finishes *wudhuu',* (washing for *salaah*) one should supplicate:

/ash-hadu allaa ilaaha illal-<u>laa</u>h, wa<u>h</u>dahu laa shareeka lah(u), wa ash-hadu anna mu<u>h</u>ammadan ʕabduhu wa-rasuuluh/

"I testify that there is no God but Allah, alone without partners, and that Muhammad is His slave and Messenger."(8)

«أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ».

5. Starting Voluntary *Salaah* at Night, one should supplicate:

/all<u>aa</u>humma rabba jibr<u>aa</u>-eel(a) wa-meekaa-

/i/ = s**i**t; /ŋ/ = ta**n**k / ri**ng**; /s/ = **s**et; /S/ = **s**um; /sh/ = **sh**e; /th/ = **th**ink; /T/ = **t**ub; /u/ = co**u**ld; /uu/ = f**oo**d; /w/ = co**w**; /z/ = **z**ero; /Ź/ = *Th*us

eel(a) wa-israafeel(a), faaTiras-samaawaati wal-arD(i), ʕaalimal-ghaybi wash-shahaada(ti), aṇta taḣkumu bayna ʕibaadika feemaa kaanuu feehi yakhtalifuun(a), ihdinee lima-khtulifa feehi minal-haqqi bi-iďnik(a), innaka tahdee maṇ tashaa-u ilaa SiraaTim-mustaqeem/

"O Allah, Lord of Gabriel, Mikhail and Israfil, Creator of the heavens and the earth, Knower of the Unseen and the Seen. You will judge between Your slaves concerning matters wherein they differ. Guide me to the truth in those matters wherein they differ by Your permission, for You guide whom You will to the straight path."[9]

«اللَّهُمَّ رَبَّ جَبْرَائِيلَ وَمِيكَائِيلَ وَإِسْرَافِيلَ، فَاطِرَ السَّمَاوَاتِ وَالأَرْضِ، عَالِمَ الْغَيْبِ وَالشَّهَادَةِ، أَنْتَ تَحْكُمُ بَيْنَ عِبَادِكَ فِيمَا كَانُوا فِيهِ يَخْتَلِفُونَ، اهْدِنِي لِمَا اخْتُلِفَ فِيهِ مِنَ الْحَقِّ بِإِذْنِكَ، إِنَّكَ تَهْدِي مَنْ تَشَاءُ إِلَى صِرَاطٍ مُسْتَقِيمٍ».

/a/ = h**a**ppy; /aa/ = l**a**mb; /aa/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /d/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ḣ/ = **ḣ**ulm (Arabic dream);

6. Ayahs to Recite in the *Witr Salaah*

According to the Hadith, "The Prophet used to recite Surat Al-A'laa in the 1st rak'ah, Surat Al-Kaafiruun in the 2nd and Surat Al-Ikhlaas in the 3rd...." The *witr salaah/ salaatul-witr* is voluntary prayer with odd-numbered rak'ahs[10].

7. *Qunuut* in the *Witr* and in the *Fajr Salaah*[11]

If one does *qunuut* (supplication in *salaah*), for example, in the *witr* and in the *fajr salaah*, one can say:

/allaahumma-hdinee feeman hadayt(a), wa-ζaafinee feeman ζaafayt(a), wa-tawallanee feeman tawallayt(a), wa-baarik lee feemaa aζTayt(a), wa-qinee sharra maa qaDayt(a), fa-innaka taqDee wa-laa yuqDaa ζalayk(a), wa-innah(u) laa yaďillu maw-waalayt(a), wa-laa yaζizzu man ζaadayt(a), tabaarakta rabbanaa wa-taζaalayt/

"O Allah, guide me among those You guide. Grant me safety among those You grant

safety. Take me into Your care among those You take into Your care. Bless what You give me. Protect me from the evil You have decreed. Verily, You decree, but nothing is decreed for You; whomever You take care of is never humiliated, and whomever You take as an enemy is never honoured. Blessed be You, our Lord, and exalted be You."[12]

«اللّٰهُمَّ اهْدِنِي فِيمَنْ هَدَيْتَ، وَعَافِنِي فِيمَنْ عَافَيْتَ، وَتَوَلَّنِي فِيمَنْ تَوَلَّيْتَ، وَبَارِكْ لِي فِيمَا أَعْطَيْتَ، وَقِنِي شَرَّ مَا قَضَيْتَ، فَـإِنَّكَ تَقْضِي وَلَا يُقْضَى عَلَيْكَ، وَإِنَّهُ لَا يَذِلُّ مَنْ وَالَيْتَ، وَلَا يَعِزُّ مَنْ عَادَيْتَ، تَبَارَكْتَ رَبَّنَا وَتَعَالَيْتَ».

8. Supplication after the *Witr Salaah*
When one finishes the *witr salaah*, one should say three times:[13]

/subhaanal-malikil-qudduus/

"Exalted be the Holy King."[14]

«سُبْحَانَ الْمَلِكِ الْقُدُّوسِ» .

The third time should be prolonged and said more loudly.

9. Supplication during *Adhaan* (Call for *Salaah*)

As soon as the call for *salaah* starts, one should follow the muezzin (caller for prayer), repeating the words after him, except at */hayyi ζalaS-Salaah/* (Come for prayer) and */ħayyi ζalal-falaaħ/* (Come for success), one should say:

/laa-ħawla walaa quwwata illaa bil-laah/

"There is neither might nor power except with Allah".[15]

«لا حولَ ولا قوَّةَ إلَّا بِاللهِ».

10. Supplication after *Adhaan*

Having followed the call for *Salaah* the way mentioned above, one should say:

/ash-hadu allaa ilaaha illal-laah(u), waħdahu laa shareeka lah(u), wa-anna muħammadan ζabduhu wa-rasuuluh(u), allaahumma Salli

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wa-sallim ζalaa ζabdika wa-rasuulika muħammad, raDeetu bil-laahi rabba(w), wa-bi-muħammadir-rasuula(w), wa-bil-islaami deenaa/

/allaahumma rabba haaďihid-daζwatit-taamma(ti), waS-Salaatil-qaa-ima(ti), aati muħammadan al-waseelata wal-faDeela(ta), wa-bζathhu maqaamam maħmuudan-il-laďee waζattah/

"I testify that there is no God but Allah, alone without partners, and Muhammad is His slave and Messenger. O Allah! May Your prayers and peace be upon Your slave and Messenger, Muhammad. I am pleased to accept Allah as my Lord, Muhammad as His Messenger and Islam as my religion."[16]

"O Allah! Lord of this perfect call and the established prayer! Grant Muhammad the privilege of intercession (on the Day of Judgment) and superiority, and take him to the exalted place You have promised him."[17]

/a/ = h**a**ppy; /aa/ = l**a**mb; /aa/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /ď/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

«أَشْهَدُ أَنْ لا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لا شَرِيكَ لَهُ وَأَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ صَلِّ وَسَلِّمْ عَلَى عَبْدِكَ وَرَسُولِكَ مُحَمَّدٍ، رَضِيتُ بِاللَّهِ رَبّاً، وَبِمُحَمَّدٍ رَسُولاً، وَبِالإِسْلامِ دِيناً».

«اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلاةِ الْقَائِمَةِ، آتِ مُحَمَّدًا الْوَسِيلَةَ وَالْفَضِيلَةَ، وَابْعَثْهُ مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ».

11. Supplication on Getting Dressed
Putting on clothes, one should say:

/alħamdu-lil-laahil-laðee kasaani haaðath-thawb(a), wa-razaqaneeh(i) min ghayri ħawlim-minnee wa-laa quwwah/

"Praise be to Allah, Who has clothed me and given me this garment even though I have no power or strength."[18]

«الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ».

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ż/ = Thus

12. Supplication on Wearing New Clothes
On wearing new clothes, one should supplicate:

|allaahumma lakal-ħamd(u), anta kasawtineeh(i), as-aluka khayrah(u) wa-khayra maa Suniƹa lah(u), wa-aƹuuđu bika min sharrih(i) wa sharri maa Suniƹa lah|

"O Allah, praise be to You. You have clothed me with this garment. Give me its good and the good it is made for. Protect me from its evil and the evil it is made for."[19]

«اَللّٰهُمَّ لَكَ ٱلْحَمْدُ أَنْتَ كَسَوْتَنِيهِ، أَسْأَلُكَ خَيْرَهُ وَخَيْرَ مَا صُنِعَ لَهُ، وَأَعُوذُ بِكَ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ».

13. Supplication on Going out of the House
On going out of the house, one should pray:

|bismil-laah(i), tawakkaltu ƹalallaah(i), laa ħawla wa-laa quwwata illaa bil-laah|

"In the name of Allah, I have put my trust in Allah. There is neither might nor power except with Allah."[20]

|a| = h**a**ppy; *|aa|* = l**a**mb; *|aa|* = st**a**r; *|ay|* = f**i**nd; *|d|* = ba**d**; *|đ|* = **th**is; *|D|* = **d**umb; *|ee|* = m**ea**t; *|gh|* = Paris); *|h|* = **h**as; *|ħ|* = **ħ**ulm (Arabic dream);

«بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، لا حَوْلَ وَلا قُوَّةَ إِلَّا بِاللَّهِ».

One can add:

/allaahumma innee aʿuuđu bika an aDilla aw-uDall(a), aw- azilla aw-uzall(a), aw-aŽlima aw-uŽlam(a), aw-ajhala aw-yujhala ʿalayy/

"O Allah, I seek refuge in you from going astray or leading others astray, from slipping (into sin) or causing others to slip, from doing wrong or being wronged, and from behaving with ignorance or being treated with ignorance."[21]

«اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضَلَّ، أَوْ أَزِلَّ أَوْ أُزَلَّ، أَوْ أَظْلِمَ أَوْ أُظْلَمَ أَوْ أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ».

14. Supplication on Going to the Mosque[22]
On going to the mosque for *Salaah*, one should pray:

/allaahumma-jʿal fee qalbee nuura(w), wa-fee baSaree nuura(w), wa-fee samʿee nuura(w),

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wa-ʕay-yameenee nuura(w), wa-ʕay-yasaaree nuura(w), wa-fawqee nuura(w), wa-tahtee nuura(w), wa-amaamee nuura(w), wakhalfee nuura(w), waʕaŽŽim lee nuuraa/

"OAllah! Let there be light in my heart, light in my eye-sight, light in my hearing, light on my right, light on my left, light above me, light under me, light in front of me and light behind me, and grant me great light."[23]

«اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا، وَفِي بَصَرِي نُورًا، وَفِي سَمْعِي نُورًا، وَعَنْ يَمِينِي نُورًا وَعَنْ يَسَارِي نُورًا، وَفَوْقِي نُورًا وَتَحْتِي نُورًا، وَأَمَامِي نُورًا وَخَلْفِي نُورًا، وَعَظِّمْ لِي نُورًا».

15. Supplication on Riding a Means of Transport

On riding a means of transport, one should pray:

/bismillaah(i), alhamdu lillaah(i), subĥaanal-laḏee sakh-khara lanaa haḏaa, wamaa kunnaa

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lahu muqrineen, wa-innaa ilaa rabbinaa lamuŋalibuun, alhamdu lillaah(i), alhamdu lillaah(i), alhamdu lillaah, aaallaahu-akbar(u), allaahu-akbar(u), allaahu-akbar, subħaanak(a), innee qad Žalamtu nafsee, faghfir lee, fa innahu laa yaghfiru ađđunuuba illaa aŋt."/

"In the name of Allah. Praise be to Allah. Glorified be He Who has subdued these unto us, and we were not capable (of subduing them); And lo! Unto our Lord we are returning." Praise be to Allah, praise be to Allah, praise be to Allah. Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. Exalted be You. I have wronged myself; forgive me. None can forgive sins but You."(24)

«بِسْمِ اللهِ، اَلْحَمْدُ لِلّٰهِ، سُبْحَانَ اَلَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ مُقْرِنِينَ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ، اَلْحَمْدُ لِلّٰهِ، اَلْحَمْدُ لِلّٰهِ، اَلْحَمْدُ لِلّٰهِ، اَللهُ أَكْبَرُ، اَللهُ أَكْبَرُ، اَللهُ أَكْبَرُ،

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ž/ = Thus

سُبْحَانَكَ إِنِّي قَدْ ظَلَمْتُ نَفْسِي فَٱغْفِرْ لِي ؛ فَإِنَّهُ لَا يَغْفِرُ
ٱلذُّنُوبَ إِلاَّ أَنْتَ».

16. On Experiencing Difficulty with a Means of Transport

If it is difficult to get on the means of transport, one is not to curse it in the first place. According to the Hadith, when a woman on a trip cursed her donkey, the Prophet said, "Take the load off the donkey and let it go, for it has been cursed."[25]

Having refrained from cursing, one should say the following prayer, which is said for easing encountered difficulties:

/allaahumma laa sahla illaa maa jaɛaltahu sahlaa, wa-anta tajɛalul-hazna iďaa shi'ta sahlaa/

"O Allah! Nothing is easy except that which You make easy. It is only You Who can, if You will, turn the big mountain into a plain [i.e. make the hard easy]."[26]

/a/ = h**a**ppy; /aa/ = l**a**mb; /aa/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /ď/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

«اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلاً، وَأَنْتَ تَجْعَلُ الْحَزْنَ
إِذَا شِئْتَ سَهْلاً».

17. Supplication on Entering the Mosque
On entering the mosque, one should pray:

/bismillaah(i) waS-Salaatu was-salaamu ζalaa rasuulillaah(i)/ all<u>aa</u>humma-ftaħ lee abwaaba raħmatik/

"In the name of Allah; may His prayers and peace be upon Allah's Messenger. O Allah! Open for me the gates of Your mercy."(27)

«بِسْمِ اللهِ، وَالصَّلاةُ وَالسَّلامُ على رسولِ اللهِ، اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ» .

18. Supplication on Opening *Salaah*
Having said *takbeer*, marking entry into *salaah*, one can say this Qur'anic supplication:

/wajjahtu wajhiya lil-laðee faTaras-samaawaati wal-arDa ħaneefa(w), wa-maa ana minal-mushrikeen(a), inna Salaatee wa-

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/i/ = s<u>i</u>t; */ŋ/* = ta**nk** / ri**ng**; */s/* = **s**et; */S/* = **S**um; */sh/* = **sh**e;
/th/ = **th**ink; */T/* = **T**ub; */u/* = co**u**ld; */uu/* = f**oo**d; */w/* = co**w**;
/z/ = **z**ero; */Ź/* = **Ź**us

nusukee, wa-maħyaaya wa-mamaatee, lil-laahi ribbil-aalameen(a), laa shareeka lah(u), wa-biđaalika umert(u), wa-ana minal-muslimeen/

"I have turned my face toward Him Who created the heavens and the earth, as one by nature upright, and I am not of the idolaters. My worship and, my sacrifice and my living and my dying are for Allah, Lord of the Worlds. He has no partner. This am I commanded, and I am first of those who surrender (unto Him)."[28]

«وَجَّهْتُ وَجْهِيَ لِلَّذِي فَطَرَ السَّمَاوَاتِ وَالأَرْضَ حَنِيفًا، وَمَا أَنَا مِنَ الْمُشْرِكِينَ، إِنَّ صَلاتِي وَنُسُكِي وَمَحْيَايَ وَمَمَاتِي لِلَّهِ رَبِّ الْعَالَمِينَ، لا شَرِيكَ لَهُ، وَبِذَلِكَ أُمِرْتُ وَأَنَا مِنَ الْمُسْلِمِينَ».

One can also say his prayer:

/subħaanakal-laahumma wa-biħamdik(a), wa-tabaaraka-smuk(a), wa-taζaala

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/a/ = h**a**ppy; */aa/* = l**a**mb; */aa/* = st**a**r; */ay/* = f**i**nd; */d/* = ba**d**; */d/* = **th**is; */D/* = **d**umb; */ee/* = m**ea**t; */gh/* = Paris); */h/* = **h**as; */ħ/* = **ħ**ulm (Arabic dream);

jadduk(a), wa-laa ilaaha ghayruk/

"O Allah! Glory and praise be to You. Blessed be Your name, and Supreme be Your Fortune. There is no God but You."(29)

«سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ، وَتَبَارَكَ اسْمُكَ، وَتَعَالَى جَدُّكَ، وَلا إِلَهَ غَيْرُكَ».

19. Supplication in *Rukuu'* and *Sujuud*

Having said *tasbeeh* 3 times in *rukuu'* (bending) or *sujuud* (prostrating), one can add these prayers:

/subħaanakal-laahumma wa-bi-ħamdik(a), allaahumma-ghfir lee/

"O Allah, our Lord! Glory be to You, and all praise be to You. O Allah! Forgive me."(30)

«سُبْحَانَكَ اللَّهُمَّ رَبَّنَا وَبِحَمْدِكَ، اللَّهُمَّ اغْفِرْ لِي».

You can also say:

/subbuuħuṇ qudduus, rabbul-malaa-ikati war-ruaħ/

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

"You are the Ever-Exalted, the All-Holy, You are the Lord of angels and the Soul [Jibreel]."[31]

«سُبُّوحٌ قُدُّوسٌ رَبُّ الْمَلائِكَةِ وَالرُّوحِ».

However, one is not to recite the Qur'an in the *rukuu'* and *sujuud* positions[32]. Ali Ibn Abi Taalib said, "Allah's Messenger instructed me not to recite the Qur'an in *rukuu'* or *sujuud*."[33]

20. Supplication after *Rukuu'*

Having straightened up from *Rukuu'*, one should say:

/allaahumma rabbanaa wa-lakal-ħamd/

"O Allah, our Lord! All praise be to You."[34]

«اللَّهُمَّ رَبَّنَا وَلَكَ الْحَمْدُ».

One can also say:

/allaahumma   rabbanaa   wa-lakal-ħamd(u),

/a/ = h*a*ppy; /aa/ = l*a*mb; /a͟a/ = st*a*r; /ay/ = f*i*nd; /d/ = ba*d*; /d/ = *th*is; /D/ = *d*umb; /ee/ = m*ea*t; /gh/ = Paris); /h/ = *h*as; /ħ/ = *ħ*ulm (Arabic dream);

ħamdaŋ katheeraŋ Tayyibam-mubaarakaŋ feeh/

"O Allah, our Lord! To You belongs all praise that is abundant, good and blessed."[35]

«اللَّهُمَّ رَبَّنَا وَلَكَ الْحَمْدُ، حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ».

Adding to the above, one can, then, say:

/allaahumma rabbanaa wa-lakal-ħamd(u), ħamdaŋ katheeraŋ Tayyibam-mubaarakaŋ feeh, mil-as-samaawaati wal-arD(i), wa-mil-a maa shi'ta miŋ shayimbaζd, ahluth-thanaa-i-wal-majd(i), aħaqqu maa qaalal-ζabd(u), wa-kulluna laka ζabd, allaahumma laa maniζa limaa aζTayta, wa-laa muζTiya limaa manaζt(a), wa-laa yaŋfaζu ðal-jaddi miŋkal-jadd/

"O Allah, our Lord! To You belongs all praise that is abundant, good and blessed, as much as the fill of the heavens, the earth, and everything else You wish. You are worthy of

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praise, glory and the most truthful words a slave can ever say, and we are all Your slaves. O Allah! None can prevent what You bestow, nor can anyone bestow what You prevent. No fortune can be of benefit to its possessor against Allah's Fortune."[36]

«اللَّهُمَّ رَبَّنَا وَلَكَ الْحَمْدُ، حَمْدًا كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، مِلْءَ السَّمَاوَاتِ، وَمِلْءَ الأَرْضِ، وَمِلْءَ مَا شِئْتَ مِنْ شَيْءٍ بَعْدُ، أَهْلَ الثَّنَاءِ وَالْمَجْدِ، أَحَقُّ مَا قَالَ الْعَبْدُ، وَكُلُّنَا لَكَ عَبْدٌ – اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ، وَلَا مُعْطِيَ لِمَا مَنَعْتَ، وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ».

21. Supplication in the Sitting Position between the 2 Prostrations
In this sitting position, one can say:

/rabbi-ghfir lee, wa-rĥamnee, wa-ʕaafinee wa-jburnee, wa-hdinee, wa-rzuqnee wa-rfaʕnee/

"O my Lord! Forgive me, have mercy on me, make me healthy, help me, guide me, and provide for me and raise me in rank."[37]

/a/ = happy; /aa/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad; /d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has; /ĥ/ = ĥulm (Arabic dream);

«رَبُّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَاجْبُرْنِي وَاهْدِنِي وَارْزُقْنِي وَارْفَعْنِي».

One may wish to say only this payer:

/rabbi-ghfir lee, rabbi-ghfir lee/

"O my Lord! Forgive me. O my Lord! Forgive me."(38)

«رَبُّ اغْفِرْ لِي رَبُّ اغْفِرْ لِي».

22. *Tashahhud*
In the *tashahhud* position, one is to say:

/attaĥiyyatu lil-laah(i), waS-Salawaat(u) waT-Tayyibaat(u)/ assalaamu ζalaika ayyuhan-nabiy-yu wa-raĥmatul-laahi wa-barakaatuh/ assalaamu ζalaynaa wa-ζalaa ζibaadil-laahiS-Saaliĥeen/ ash-hadu allaa ilaaha illal-laah, wa-ash-hadu anna muĥammadan abduhu wa-rasuuluh/

"Salutations be to Allah, and the prayers, and

/i/ = sit; */ŋ/* = tank / ring; */s/* = set; */S/* = sum; */sh/* = she; */th/* = think; */T/* = tub; */u/* = could; */uu/* = food; */w/* = cow; */z/* = zero; */Ż/* = Thus

the good deeds. Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and upon Allah's sincere slaves. I bear witness that there is no God but Allah. I bear witness that Muhammad is His slave and Messenger."[39]

«التَّحِيَّاتُ لِلَّهِ، وَالصَّلَوَاتُ، وَالطَّيِّبَاتُ، السَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِ اللهِ الصَّالِحِينَ، أَشْهَدُ أَنْ لا إِلَهَ إِلَّا اللهُ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ».

23. How to Pray for the Prophet ﷺ

After one finishes the above *tashahhud*, one prays for the Prophet, saying the following, which is considered the best at all times:

/allaahumma Salli ζalaa muħammadi(w), wa-ζalaa aali muħammad(iŋ), kamaa Sallayta ζalaa ibraaheem(a), wa-ζalaa aali ibraaheem(a), innaka ħameedum-majeed, allaahumma baarik ζalaa muħammad(iw),

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/a/ = h**a**ppy; /aa/ = l**a**mb; /a̱a̱/ = st**ar**; /ay/ = f**i**nd; /d/ = ba**d**; /d̲/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = **P**aris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

wa-ʕalaa aali muḥammad(iŋ), kamaa baarakta ʕalaa ibraaheem(a), wa-ʕalaa aali ibaraaheem(a), fil-ʕaalameen(a), innaka ḥameedum-majeed/

"O Allah, pray for Muhammad and the family of Muhammad, as You have prayed for Ibraheem and the family of Ibraheem. You are Praiseworthy and Gloryworthy. O Allah! Bless Muhammad and the family of Muhammad, as You have blessed Ibraheem and the family of Ibraheem, in all the worlds. You are Praiseworthy and Gloryworthy."(40)

«اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ فِي الْعَالَمِينَ إِنَّكَ حَمِيدٌ مَجِيدٌ».

24. What to Say after *Tashahhud*, and before *Tasleem*

After you finish the last *tashahhud*, and before

you do *tasleem* (saying: */assalaamu ʿalaikum/* to end *salaah*), one can say one's favourite supplications.[41] For example, one can pray:

/allaahumma innee aʿuuďu bika min ʿaďabi jahannam(a), wa-min ʿaďabil-qabr(i), wa-miŋ fitantil-maħyaa wal-mamaat(i), wa-miŋ sharri fitnatil-maseehid-dajjaal/

"O Allah! I seek refuge in You from the torment of the Hellfire, from the torment of the grave, from the trial of life and death, and from the affliction of Al-Maseeh Ad-Dajjal [Anti-Christ]."[42]

«اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ جَهَنَّمَ، وَمِنْ عَذَابِ القَبْرِ، وَمِنْ فِتْنَةِ المَحْيَا وَالمَمَاتِ، وَمِنْ شَرِّ فِتْنَةِ المَسِيحِ الدَّجَّالِ».

One can also say the following prayers for seeking the good of this world and the Hereafter.

[1] */rabbanaa aatinaa fid-dunyaa ħasanah, wa-*

/a/ = h**a**ppy; */aa/* = l**a**mb; */aa/* = st**a**r; */ay/* = f**i**nd; */d/* = ba**d**; */d/* = **th**is; */D/* = **d**umb; */ee/* = m**ea**t; */gh/* = Paris); */h/* = **h**as; */ħ/* = **ħ**ulm (Arabic dream);

fil-aakhirati ħasanah, wa-qinaa ʕađaaban-naar/

"O our Lord! Give us good in this world, and good in the Hereafter, and protect us from the torment of fire." [Surat Al-Baqarah, Ayah 102]·

﴿وَرَبَّنَآ ءَاتِنَا فِي ٱلدُّنْيَا حَسَنَةً وَفِي ٱلْأَخِرَةِ حَسَنَةً وَقِنَا عَذَابَ ٱلنَّارِ﴾ [البقرة: ١٠٢]·

[2] */rabbanaa, laa tuzigh quluubanaa baʕda iđ hadaytanaa, wa-hab lanaa mil-laduŋka raħmah, innaka aŋtal- wahhaab/*

"Our Lord! Cause not our hearts to stray after You have guided us, and bestow upon us mercy from Your Presence. Lo! You, only You are the Bestower." [Surat Ala-Imran, Ayah 8]·

﴿رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَّدُنكَ رَحْمَةً إِنَّكَ أَنتَ ٱلْوَهَّابُ﴾ ⑧ [آل عمران: ٨]·

[3] */allaahumma-ghfir lee maa qaddamt(u),*

/i/ = sit; /ŋ/ = tank / ring, /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

wa-maa akhkhart(u), wa-maa asrart(u), wa-maa aζlaŋt(u), wa-maa asraft(u), wa-maa aŋta aζlamu bihee minnee, aŋtal-muqaddim(u) wa-aŋtal-mu-akhkhir(u), laa ilaaha illaa aŋt/

"O Allah! Forgive my sins, the earlier and the later ones, the secret and the declared thereof, what I have done excessively and what You know, but I do not. You are the One Who puts things forward, and the One Who delays them, and there is no God but You."[43]

«اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ، وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ، وَمَا أَسْرَفْتُ، وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي، أَنْتَ الْمُقَدَّمُ، وَأَنْتَ الْمُؤَخِّرُ، لَا إِلَهَ إِلَّا أَنْتَ».

[4] */allaahumma innee Žalamtu nafsee Žulmaŋ katheera(w), wa-laa yaghfiruđ-đunuuba illaa aŋt(a), faghfir lee maghfiratam-min ζiŋdik(a), war-ħamnee, innaka aŋtal-ghafuurur-raheem/*

/a/ = h**a**ppy; /aa/ = l**a**mb; /a̱a̱/ = st**a**r; /ay/ = fin**d**; /d/ = ba**d**; /đ/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

"O Allah! I have wronged myself considerably. None can forgive sins but You, so grant me Your forgiveness. You are the Ever-Forgiving, the Merciful."[44]

«اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا، وَلَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاغْفِرْ لِي مَغْفِرَةً مِنْ عِنْدِكَ، وَارْحَمْنِي إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ».

25. Supplications in *Sujuud* in Response to a Qur'anic Recitation

If one does *sujuud* in response to an Ayah that mentions prostration to Allah, be it during or outside *salaah*, one can say this prayer three times[45]:

- /subĥaana rabbiyal-aζlaa/

"Glory be to my Lord, the most High".

«سُبْحَانَ رَبِّيَ الأَعْلَى».

You can add or say:

/sajada wajhee lil-laďee khalaqahu wa-

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

Sawwarah(u), wa-shaqqa samɛahu wa-baSrah(u), tabaarakal-laahu aħsanul-khaaliqeen/

"My face is prostrating for the One Who has created it, formed it and provided its hearing and eyesight. Blessed be Allah, the best Creator."[46]

«سَجَدَ وَجْهِي لِلَّذِي خَلَقَهُ، وَصَوَّرَهُ، وَشَقَّ سَمْعَهُ وَبَصَرَهُ، تَبَارَكَ اللَّهُ أَحْسَنُ الْخَالِقِينَ».

You can also add or say:

/allaahumma-ktub lee bihaa ɛindaka ajraa, wa-Daɛ bihaa ɛannee wizraa, wa-jɛalhaa lee ɛindaka đukhraa, wa-taqabbalhaa minnee, kamaa taqabbaltahaa min ɛabdika daawuud/

"O Allah! With this (prostration), record for me a reward from You; remove one of my sins; save it for me for time of need; and accept it from me, as you accepted it from Your slave Daawuud."[47]

/a/ = h**a**ppy; */aa/* = l**a**mb; */aa/* = st**a**r; */ay/* = f**i**nd; */d/* = ba**d**;
/đ/ = **th**is; */D/* = **d**umb; */ee/* = m**ea**t; */gh/* = Paris); */h/* = **h**as;
/ħ/ = **ħ**ulm (Arabic dream);

«اللَّهُمَّ اكْتُبْ لِي بِهَا عِنْدَكَ أَجْرًا، وَضَعْ عَنِّي بِهَا وِزْرًا، وَاجْعَلْهَا لِي عِنْدَكَ ذُخْرًا، وَتَقَبَّلْهَا مِنِّي كَمَا تَقَبَّلْتَهَا مِنْ عَبْدِكَ دَاوُدَه.

26. Dhikr (Remembrance) after *Salaah*[48]

Once one finishes *salaah*, one should do the following:

[A] Say three times:

/astaghfirul-laah/

"I seek Allah's forgiveness."

«أَسْتَغْفِرُ اللَّهَ».

[B] Say:

/allaahumma antas-saalaamu wa-minkas-salaam(u), tabaarakta yaa đal-jalaali wal-ikraam/

"O Allah! You are Peace, and peace is from You. Blessed be You, the possessor of

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Majesty and Honour."(49)

«اللَّهُمَّ أَنْتَ السَّلامُ وَمِنْكَ السَّلامُ تَبَارَكْتَ يَا ذَا الْجَلالِ وَالإِكْرَامِ».

[C] Say:

/laa ilaaha illal-laah(u) waḥdahu laa shareeka lah(u), lahul-mulk(u), wa-lahul-ḥamd(u), wa-huwa ζalaa kulli shay-iɲ qadeer, laa ḥawla wa-laa quwwata illaa bil-laah(i), laa ilaaha illal-laah(u), wa-laa naζbudu illaa iyyaah(u), lahun-niζma(tu), wa-lahul-faDl(u), wa-lahuth-thanaa-ul-hassan(u), laa ilaaha illal-laah(u), mukhliSeena lahud-deena, wa-law karihal-kaafiruun/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and to all praise is due. He has power over all things. There is no might or power except with Him. There is no God but Allah. We worship none but Him. To Him belong all blessings,

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/a/ = h**a**ppy; */aa/* = l**a**mb; */aa/* = st**a**r; */ay/* = f**i**nd; */d/* = ba**d**; */d/* = **th**is; */D/* = **d**umb; */ee/* = m**ea**t; */gh/* = **P**aris); */h/* = **h**as; */ḥ/* = **ḥ**ulm (Arabic dream);

sovereignty and good praise. There is no God but Allah, in Whom we have pure faith in spite of the disbelievers."(50)

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النِّعْمَةُ، وَلَهُ الْفَضْلُ، وَلَهُ الثَّنَاءُ الْحَسَنُ، لَا إِلَهَ إِلَّا اللَّهُ، مُخْلِصِينَ لَهُ الدِّينَ، وَلَوْ كَرِهَ الْكَافِرُونَ».

[D] Say:

/laa ilaaha illal-laah(u), waĥdahu laa shareeka lah(u), lahul-mulk(u), wa-lahul-ĥamd(u), wa-huwa ζalaa kulli shay-iŋ qadeer/ allaahumma laa maniζa limaa aζTayt(a), wa-laa muζTiya limaa manaζt(a), wa-laa yaŋfaζu đal-jaddi miŋkal-jadd(u)/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and

to him all praise is due. He has power over all things. O Allah! None can prevent what You bestow, nor can anyone bestow what You prevent. No fortune can be of benefit to its possessor against Allah's Fortune."[(51)]

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ».

[E] In addition to what has been mentioned above, one can say the following prayer ten times, particularly after the Fajr (dawn) and the Maghrib (sunset) obligatory prayers:

/laa ilaaha illal-laah(u), waĥdahu laa shareeka lah(u), lahul-mulk(u), wa-lahul-ĥamd(u), yuĥyee wa-yumeet(u), wa-huwa ζalaa kulli shay-iɲ qadeer/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all praise is due. He has power over all

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things. He gives life and death, and He has power over all things."(52)

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ».

[F] **Say 33 times:** */subħanallaah/* (Glory be to Allah);

Say 33 times: */alħamdu-lil-laah/* (Praise be to Allah)

Say 33 times: */allaahu akbar/* (Allah is the Greatest).

Then, top up the above-mentioned 99 *adhkaar* to one hundred by saying:

/laa ilaaha illal-laah(u), waħdahu laa shareeka lah(u), lahul-mulku walahul-ħamd(u), wa-huwa ζalaa kulli shay-iŋ qadeer/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all praise is due. He has power over all things."(53)

/i/ = sit; */ŋ/* = tank / ring; */s/* = set; */S/* = sum; */sh/* = she; */th/* = think; */T/* = tub; */u/* = could; */uu/* = food; */w/* = cow; */z/* = zero; */Ź/* = Thus

«لا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ» .

[G] Recite Ayat Al-Kursi[54]:

/allaahu laa ilaaha illaa huwal-ƙayyul-qayyuum(u), laa ta'khuďuhu sinatuw-wa-laa nawm(ul), lahu maa fis-samaawaati wa-maa fil-arD(i), man ďal-laďee yashfaζu ζindahuu illaa bi-iďnih(i), yaζlamu maa bayna aydeehim wa-maa khalfahum, wa-laa yuħeeTuuna bi-shay-im-min ζilmihee illaa bi-maa shaa'(a), wasiζa kursiyyuhus-samaawaati wal-arD(a), wa-laa ya-uuďuhu ħifŽuhumaa, wa-huwal-ζaliyyul-ζaŽeem/

"Allah! There is no God save Him, the Alive, the Eternal. Neither slumber nor sleep overtakes Him. Unto Him belongs whatsoever is in the heavens and whatsoever is in the earth. Who is he that intercedes with Him save by His leave? He knows that which is in front of them and that which is behind

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/a/ = h**a**ppy; /aa/ = l**a**mb; /a̲a̲/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /ď/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Pa**r**is); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

them, while they encompass nothing of His knowledge save what He will. His throne includes the heavens and the earth, and He is never weary of preserving them. He is the Sublime, the Tremendous."

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وَٱللَّهُ لَآ إِلَٰهَ إِلَّا هُوَ ٱلْحَىُّ ٱلْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَّهُ مَا فِى ٱلسَّمَٰوَٰتِ وَمَا فِى ٱلْأَرْضِ مَن ذَا ٱلَّذِى يَشْفَعُ عِندَهُۥ إِلَّا بِإِذْنِهِۦ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَىْءٍ مِّنْ عِلْمِهِۦٓ إِلَّا بِمَا شَآءَ وَسِعَ كُرْسِيُّهُ ٱلسَّمَٰوَٰتِ وَٱلْأَرْضَ وَلَا يَـُٔودُهُۥ حِفْظُهُمَا وَهُوَ ٱلْعَلِىُّ ٱلْعَظِيمُ ۝ [سورة البقرة: الآية ٢٥٥].

</div>

[H] Conclude with the Suras of Al-Ikhlaas, Al-Falaq and An-Naas[55]:

Surat Al-Ikhlaas

|(1) qul huw-all<u>aa</u>hu aĦad, (2) all<u>aa</u>huS-Samad, (3) lam yalid wa-lam yuulad, (4) wa-lam yakul-lahu kufuwan aĦad|

"(1) Say: He is Allah, the One! (2) Allah, the eternally besought of all! (3) He begets not,

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nor was begotten. (4) And there is none comparable unto Him."

قُلْ هُوَ اللّٰهُ أَحَدٌ ۞ اللّٰهُ الصَّمَدُ ۞ لَمْ يَلِدْ وَلَمْ يُولَدْ ۞ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ۞ [سورة الإخلاص].

Surat Al-Falaq

/(1) qul aζuuďu bi-rabbil-falaq(i), (2) miŋ sharri maa khalaq(a), (3) wa-miŋ sharri ghaasiqin iďaa waqab(a), (4) wa-miŋ sharrin-naffaathaati fil-ζuqad(i), (5) wa-miŋ sharri ĥaasidin iďaa ĥasad/

"(1) Say: I seek refuge in the Lord of Daybreak (2) From the evil of that which He created, (3) From the evil of the darkness when it is intense, (4) And from the evil of malignant witchcraft, (5) And from the evil of the envier when he envies."

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۞ مِن شَرِّ مَا خَلَقَ ۞ وَمِن شَرِّ

/a/ = h**a**ppy; /aa/ = l**a**mb; /**aa**/ = st**ar**; /ay/ = f**i**nd; /d/ = ba**d**; /ď/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ĥ/ = **h**ulm (Arabic dream);

غَاسِقٍ إِذَا وَقَبَ ۝ وَمِن شَرِّ ٱلنَّفَّـٰثَـٰتِ فِى ٱلْعُقَدِ ۝ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝ [سورة الفلق]٠

Surat An-Naas

/(1)   qul aʕuuđu bi-rabbin-naas(i),   (2) malikin-naas(i),   (3)   ilaahin-naas(i),   (4) miŋ   sharril-waswaasil-khannaas(i),   (5) allađee yuwaswisu fee Suduurin-naas(i), (6) minal-jinnati wan-naas/

"(1) Say: I seek refuge in the Lord of mankind, (2) The King of mankind, (3) The God of mankind, (4) From the evil of the sneaking whisperer, (5) Who whispers in the hearts of mankind, (6) Of the jinn and of mankind."

﴿قُلْ أَعُوذُ بِرَبِّ ٱلنَّاسِ ۝ مَلِكِ ٱلنَّاسِ ۝ إِلَٰهِ ٱلنَّاسِ ۝ مِن شَرِّ ٱلْوَسْوَاسِ ٱلْخَنَّاسِ ۝ ٱلَّذِى يُوَسْوِسُ فِى صُدُورِ ٱلنَّاسِ ۝ مِنَ ٱلْجِنَّةِ وَٱلنَّاسِ ۝﴾

[سورة الناس]٠

After one says the above-mentioned established prayers after the Fajr (dawn) and Asr (afternoon) *salaahs*, one can say more *adhkaar* recommended for the mornings and the evenings, in line with the Prophet's traditions. Chapter 2 is devoted to these *adhkaar*.

27. Supplication on Going out of the Mosque

On going out of the mosque, one should say:

/bismil-laah(i)   waS-Sal<u>aa</u>tu   was-salaamu ζalaa rasuulil-laah(i)/ all<u>aa</u>humma innee as-aluka miŋ faDlik/

"In the name of Allah, and may His blessings and peace be upon Allah's Messenger. O Allah! I am asking You to give me from Your Bounty."[56]

«بِسْمِ اللهِ، وَالصَّلاةُ وَالسَّلامُ على رسولِ اللهِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ».

/a/ = h**a**ppy; /aa/ = l**a**mb; /<u>aa</u>/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /d̲/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

28. Supplication on Entering One's House

On entering one's house, one should pray:

/allaahumma innee as-aluk(a) khayral-mawlij(i), wa-khayral-makhraj(i), bismil-laahi walajnaa, wa-bismil-laahi kharajnaa, wa-ʕalal-laahi rabbinaa tawakkalnaa/

"O Allah! I am asking You for the best entry and the best exit. In the name of Allah we enter, and in the name of Allah we go out, and we put our trust in Allah, our Lord."[57]

«اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْمَوْلِجِ وَخَيْرَ الْمَخْرَجِ، بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا».

Having entered the house, one should greet one's family [with */assalaamu alaykum/*].

29. Supplication on Eating / Drinking

[A] When one wants to start to eat or drink, one should pray:

/bismillaah/ (In the name of Allah)[58].

«بِسْمِ اللَّهِ.»

However, if one forgets to say that at the start, he should, as soon as he remembers while eating/ drinking, say:

/bismil-laahi awwalahu wa-aakhirah(u)/

"In the name of Allah in its beginning and end."(59)

«بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ.»

[B] As soon as one finishes (eating / drinking), one should pray:

/alĥamdu-lil- laah(i), ĥamdaŋ katheeraŋ Tayyiba-mubaarakaŋ feeh(i), ghayra makfiyyiw-wa-laa muwaddaζ(iw), wa-laa mustaghnan ζanh, rabbanaa/

"Abundant, good and blessed praise be to Allah. His favours cannot be replaced, nor can they be left or dispensed with. O Allah."(60)

/a/ = happy; /aa/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad; /d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has; /ĥ/ = ĥulm (Arabic dream);

«الْحَمْدُ لِلَّهِ كَثِيرًا طَيِّبًا مُبَارَكًا فِيهِ، غَيْرَ مَكْفِيٍّ وَلَا مُوَدَّعٍ وَلَا مُسْتَغْنَى عَنْهُ رَبَّنَا».

30. Supplication on Going to Bed
On going to bed, one should do the following:

[A] Recite Ayat Al-Kursi[61]:

/allaahu laa ilaaha illaa huwal-Ќayyul-qayyuum(u), laa ta'khuđuhu sinatuw-wa-laa nawm(ul), lahu maa fis-samaawaati wa-maa fil-arD(i), man đal-lađee yashfaζu ζindahuu illaa bi-iđnih(i), yaζlamu maa bayna aydeehim wa-maa khalfahum, wa-laa yuЌeeTuuna bi-shay-im-min ζilmihee illaa bi-maa shaa'(a), wasiζa kursiyyuhus-samaawaati wal-arD(a), wa-laa ya-uuduhu ЌifŽuhumaa, wa-huwal-ζaliyyul-ζaŽeem/

"(255) Allah! There is no God save Him, the Alive, the Eternal. Neither slumber nor sleep overtakes Him. Unto Him belongs whatsoever is in the heavens and whatsoever

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/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ž/ = Thus

is in the earth. Who is he that intercedes with Him save by His leave? He knows that which is in front of them and that which is behind them, while they encompass nothing of His knowledge save what He will. His throne includes the heavens and the earth, and He is never weary of preserving them. He is the Sublime, the Tremendous."

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وَٱللَّهُ لَآ إِلَٰهَ إِلَّا هُوَ ٱلْحَيُّ ٱلْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَّهُۥ مَا فِي ٱلسَّمَٰوَٰتِ وَمَا فِي ٱلْأَرْضِ مَن ذَا ٱلَّذِي يَشْفَعُ عِندَهُۥ إِلَّا بِإِذْنِهِۦ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِۦ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ ٱلسَّمَٰوَٰتِ وَٱلْأَرْضَ وَلَا يَـُٔودُهُۥ حِفْظُهُمَا وَهُوَ ٱلْعَلِيُّ ٱلْعَظِيمُ ﴿٢٥٥﴾ [سورة الْبَقَرَة: الآية ٢٥٥].

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[B] Recite the last 2 Ayahs of Surat Al-Baqarah[(62)]:

/(285)aamanar-rasuulu bimaa unzila ilayhi mir-rabbihi wal-mu'minuun(a), kullun aamana bil-laahi, wa-malaa-ikatihi, wa-kutubihi, wa-rusulih(i), laa nufarriqu bayna

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aĥadim-mir-ruslulih(i), wa-qaaluu sami¿naa wa-ata¿naa ghufraanaka rabbanaa wa-ilaykal-maSeer|

|(286) rabbanaa laa tu-aakhiđnaa in-naseenaa aw-akhTa'naa, rabbanaa wa-laa taĥmil ¿alainaa iSraŋ kamaa ĥamaltahu ¿alal-laďeena miŋ qablinaa, rabbanaa wa-laa tuĥammilnaa maa laa Taaqata lanaa bih(i), wa-¿fu ¿annaa, waghfir lanaa, war-ĥamnaa, aŋta mawlaanaa, fa-ŋSurnaa ¿alal-qaumil-kaafireen|

"(285) The messenger believes in that which has been revealed unto him from his Lord and (so do) the believers. Each one believes in Allah and His angels and His scriptures and His messengers - We make no distinction between any of His messengers - and they say: We hear, and we obey. (Grant us) Your forgiveness, our Lord. Unto You is the journeying.

(286) Allah tasks not a soul beyond its scope.

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

For it (is only) that which it has earned, and against it (only) that which it has deserved. Our Lord! Condemn us not if we forget, or miss the mark! Our Lord! Lay not on us such a burden as You did lay on those before us! Our Lord! Impose not on us that which we have not the strength to bear! Pardon us, absolve us and have mercy on us, You, our Protector, and give us victory over the disbelieving folk."

﴿ءَامَنَ ٱلرَّسُولُ بِمَآ أُنزِلَ إِلَيْهِ مِن رَّبِّهِ وَٱلْمُؤْمِنُونَ كُلٌّ ءَامَنَ بِٱللَّهِ وَمَلَٰٓئِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِّن رُّسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ ٱلْمَصِيرُ ۝ لَا يُكَلِّفُ ٱللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا ٱكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَآ إِن نَّسِينَآ أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَآ إِصْرًا كَمَا حَمَلْتَهُ عَلَى ٱلَّذِينَ مِن قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَٱعْفُ عَنَّا وَٱغْفِرْ لَنَا وَٱرْحَمْنَآ أَنتَ مَوْلَىٰنَا فَٱنصُرْنَا عَلَى ٱلْقَوْمِ ٱلْكَٰفِرِينَ ۝﴾ [سورة البقرة: الآيتان ٢٨٥–٢٨٦].

/a/ = h**a**ppy; /aa/ = l**a**mb; /aa/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**, /d/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Pa**r**is); /h/ = **h**as; /ḥ/ = **ḥ**ulm (Arabic dream);

[C] Recite Surat Al-Kaafiruun

|(1) qul yaa ayyuhal-kaafiruun(a), (2) laa aʿbudu maa taʿbuduun(a), (3) wa-laa antum ʿaabiduuna maa aʿbud(u), (4) wa-laa ana ʿaabidum-maa ʿabattum, (5) wa-laa antum ʿaabiduuna maa aʿbud(u), (6) lakum deenukum, wa-liya deen(i)|

"(1) Say: O disbelievers! (2) I worship not that which you worship; (3) Nor worship you that which I worship. (4) And I shall not worship that which you worship. (5) Nor will you worship that which I worship. Unto you your religion, and unto me my religion."[(63)]

قُلْ يَـٰٓأَيُّهَا ٱلْكَـٰفِرُونَ ۝ لَآ أَعْبُدُ مَا تَعْبُدُونَ ۝ وَلَآ أَنتُمْ عَـٰبِدُونَ مَآ أَعْبُدُ ۝ وَلَآ أَنَا۠ عَابِدٌ مَّا عَبَدتُّمْ ۝ وَلَآ أَنتُمْ عَـٰبِدُونَ مَآ أَعْبُدُ ۝ لَكُمْ دِينُكُمْ وَلِىَ دِينِ ۝ [سورة الكافرون].

[D] Do *nafth* (blowing slightly - without spitting - into your palms put together) after reciting Surat Al-Ikhlas, Surat Al-Falaq, and

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Surat An-Naas. You should, then, rub your hands over the parts of your body you can reach, starting with your head, face, and front of your body. You can do the recitation and *nafth* three times.[64]

Surat Al-Ikhlaas

/(1) qul huw-allaahu aħad, (2) allaahuS-Samad, (3) lam yalid wa-lam yuulad, (4) wa-lam yakul-lahu kufuwan aħad/

"(1) Say: He is Allah, the One! (2) Allah, the eternally besought of all! (3) He begets not, nor was begotten. (4) And there is none comparable unto Him."

قُلْ هُوَ اللَّهُ أَحَدٌ ۞ اللَّهُ الصَّمَدُ ۞ لَمْ يَلِدْ وَلَمْ يُولَدْ ۞ وَلَمْ يَكُن لَّهُ كُفُوًا أَحَدٌ ۞ [سورة الإخلاص] .

Surat Al-Falaq

/(1) qul aⱬuuđu bi-rabbil-falaq(i), (2) miŋ sharri maa khalaq(a), (3) wa-miŋ sharri

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/a/ = h**a**ppy; /aa/ = l**a**mb; /a̱a̱/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /đ/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

ghaasiqin iđaa waqab(a), (4) wa-miη sharrin-naffaathaati fil-ʕuqad(i), (5) wa-miη sharri ħaasidin iđaa ħasad/

"(1) Say: I seek refuge in the Lord of Daybreak (2) From the evil of that which He created, (3) From the evil of the darkness when it is intense, (4) And from the evil of malignant witchcraft, (5) And from the evil of the envier when he envies."

قُلْ أَعُوذُ بِرَبِّ ٱلْفَلَقِ ۞ مِن شَرِّ مَا خَلَقَ ۞ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ۞ وَمِن شَرِّ ٱلنَّفَّٰثَٰتِ فِى ٱلْعُقَدِ ۞ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ۞ [سورة الفلق]۰

Surat An-Naas

/(1) qul aʕuuđu bi-rabbin-naas(i), (2) malikin-naas(i), (3) ilaahin-naas(i), (4) miη sharril-waswaasil-khannaas(i), (5) allađee yuwaswisu fee Suduurin-naas(i), (6) minal-jinnati wan-naas/

/i/ = sit; /η/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ż/ = Thus

"(1) Say: I seek refuge in the Lord of mankind, (2) The King of mankind, (3) The God of mankind, (4) From the evil of the sneaking whisperer, (5) Who whispers in the hearts of mankind, (6) Of the jinn and of mankind."[65]

$$\text{﴿قُلْ أَعُوذُ بِرَبِّ ٱلنَّاسِ ۝ مَلِكِ ٱلنَّاسِ ۝ إِلَٰهِ ٱلنَّاسِ ۝ مِن شَرِّ ٱلْوَسْوَاسِ ٱلْخَنَّاسِ ۝ ٱلَّذِى يُوَسْوِسُ فِى صُدُورِ ٱلنَّاسِ ۝ مِنَ ٱلْجِنَّةِ وَٱلنَّاسِ ۝﴾}$$

[سورة الناس]٠

[E] Say:

/subĥanallaah/ (Glory be Allah) 33 times; /alĥamdu-lil-laah/ (Praise be to Allah) 33 times; and /all<u>aa</u>hu akbar/ (Allah is the Greatest) 34 times.[66]

[F] Say:

/all<u>aa</u>humma bi-smika aĥyaa wa- bi-smika amuut(u)/

/a/ = happy; /aa/ = lamb; /<u>aa</u>/ = star; /ay/ = find; /d/ = bad; /d̄/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has; /ĥ/ = ĥulm (Arabic dream);

"O Allah! In Your name I live, and in Your name I die."[(67)]

«اللَّهُمَّ بِاسْمِكَ أَحْيَا وَبِاسْمِكَ أَمُوتُ.»

[G] Say:

/allaahumma rabbas-samaawaati wa-rabbal-arD(i), wa-rabbal-ʕarshil- ʕaŽeem, rabbanaa wa-rabba kulli shay-i(ŋ), faaliqal-ħabbi wan-nawaa, wa-munazzilat-tawraati wal-iŋjeeli wal-furqaan(i), aʕuuđu bika miŋ sharri kulli shay-in aŋta aakhiđum-binaaSiyatih(i) / allaahumma aŋtal-awwal(u) fa-laysa qablaka shay'(uw), wa-aŋtal-aakhir(u) fa-laysa baʕadaka shay'(uw), wa-aŋtaŽ-Žaahir(u) fa-laysa fawqaka shay'(uw), wa-aŋtal-baaTinu fa-laa đuunaka shay'(un), iqDi annad-dayn(a), wa-ghninaa minal-faqr/

"O Allah, Lord of the heavens and earth and the Magnificent Throne, our Lord and Lord of all things, the Revealer of At-Tawraah, Al-Injeel, and the Qur'an, the Splitter and

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/i/ = sit; /ŋ/ = tank / ring, /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ž/ = Thus

Grower of the seed grain and date stone! I seek refuge in You from the evil of all things, which you hold under Your control. You are the First, nothing before You. You are the Last, nothing after You. You are the Manifest, nothing above You. You are the Innermost, nothing beyond You. Remove the burden of our debt, and save us from poverty."(68)

«اللَّهُمَّ رَبَّ السَّمَاوَاتِ وَرَبَّ الأَرْضِ وَرَبَّ الْعَرْشِ الْعَظِيمِ، رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ، فَالِقَ الْحَبِّ وَالنَّوَى، وَمُنْزِلَ التَّوْرَاةِ وَالإِنْجِيلِ وَالْفُرْقَانِ، أَعُوذُ بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ آخِذٌ بِنَاصِيَتِهِ، اللَّهُمَّ أَنْتَ الأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ، وَأَنْتَ الآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ، اقْضِ عَنَّا الدَّيْنَ وَأَغْنِنَا مِنَ الْفَقْرِ».

[H] You can add:

/bi-smika rabbi waDζatu jambi, wa-bika

/a/ = h**a**ppy; /aa/ = l**a**mb; /*aa*/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**, /d/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ḥ/ = **ḥ**ulm (Arabic dream);

arfaⱢuh, in amsakta nafsee, fa-rħamhaa, wa-in arsaltahaa, fa-ħfaZhaa bi-maa tahfaZ(u) bihee ⱢibaadakaS-Saaliheen/

"In Your name, O Lord, I lie down to sleep. And by Your leave, I wake up. If You do not return my soul [to my body], have mercy on it; if You return it [so I am still alive after sleep], protect it as You do Your righteous slaves."[69]

«بِاسْمِكَ رَبِّ وَضَعْتُ جَنْبِي وَبِكَ أَرْفَعُهُ، إِنْ أَمْسَكْتَ نَفْسِي فَارْحَمْهَا وَإِنْ أَرْسَلْتَهَا فَاحْفَظْهَا بِمَا تَحْفَظُ بِهِ عِبَادَكَ الصَّالِحِينَ».

[I] You can conclude with this supplication:

/allaahumma aslamtu nafsee ilayk(a), wa-fawwaDtu amree ilayk(a), wa-wajjahtu wajhee ilayk(a), wa-alja'tu Žahree ilayk(a), raghbataw-wa-rahbatan ilayk(a), laa malja-a wa-laa maŋjam-miŋka illa ilayk (a), aamaŋtu bi-kitabikal-laðee aŋzalt(a); wa-nabiyyikal-laðee arsalt/

"O Allah! I have surrendered my soul to You, entrusted You with my affair, turned my face towards You, and sought Your protection of my back. All this is in pursuit of Your pleasure and out of fear of You. There is no escape or refuge from You except in You. I believe in Your Book, which You have sent down, and in Your Prophet, whom You have sent."[70]

«اللَّهُمَّ أَسْلَمْتُ نَفْسِي إِلَيْكَ، وَفَوَّضْتُ أَمْرِي إِلَيْكَ، وَوَجَّهْتُ وَجْهِي إِلَيْكَ، وَأَلْجَأْتُ ظَهْرِي إِلَيْكَ، رَغْبَةً وَرَهْبَةً إِلَيْكَ، لَا مَلْجَأً وَلَا مَنْجَا مِنْكَ إِلَّا إِلَيْكَ، آمَنْتُ بِكِتَابِكَ الَّذِي أَنْزَلْتَ، وَبِنَبِيِّكَ الَّذِي أَرْسَلْتَ».

31. Supplication on Waking up during the Night

If one wakes up, interrupting sleep, during the night, one should pray:

/laa ilaaha illa-allaahu waḣdah(u), laa sharika lah(u), lahul-mulk(u), wa-lahul-ḣamd(u),

wa-huwa ζalaa kulli shayiŋ qadeer/ alḧamdu-lil-laah(i), wa-subḧaanal-laah(i), wa-laa ilaaha illal-laah(u), wal-laahu akbar, wa-laa ḧawla wa-laa quwwata illaa bil-laah(i)/ allaahumma-ighfir lee/

"There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all praise is due. He has power over all things. Praise be to Allah, and glory be to Allah, and there is no God but Allah. Allah is the greatest. There is neither power nor might, except with Allah. O Allah! Forgive me."

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ، وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ، الْحَمْدُ لِلَّهِ وَسُبْحَانَ اللَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، اللَّهُمَّ اغْفِرْ لِي».

This situation is an opportunity for supplications to be answered, and for *salaah* to be accepted[71]. So, one can wash for *salaah*

and pray as much as one likes, then can go back to sleep.

This concludes the chapter on selected supplications to be said in one typical day and night. The next chapter is concerned with typical *adhkaar* for mornings and evenings.

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/a/ = happy; /aa/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has;
/h/ = hulm (Arabic dream);

Chapter 2

Morning and Evening
Adhkaar[(72)]

[1] Recite Ayat Al-Kursi

/allaahu laa ilaaha illaa huwal-ќayyul-qayyuum(u), laa ta'khuđuhu sinatuw-wa-laa nawm(ul), lahu maa fis-samaawaati wa-maa fil-arD(i), man đal-lađee yashfaʕu ʕindahuu illaa bi-iđnih(i), yaʕlamu maa bayna aydeehim wa-maa khalfahum, wa-laa yuќeeҭuwna bi-shay-im-min ʕilmihee illaa bi-maa shaa'(a), wasiʕa kursiyyuhus-samaawaati wal-arD(a), wa-laa ya-uuđuhu ќifŽuhumaa, wa-huwal-ʕaliyyul-ʕaŽeem/

"(255) Allah! There is no God save Him, the Alive, the Eternal. Neither slumber nor sleep overtakes Him. Unto Him belongs whatsoever is in the heavens and whatsoever

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/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ž/ = Thus

is in the earth. Who is he that intercedes with Him save by His leave? He knows that which is in front of them and that which is behind them, while they encompass nothing of His knowledge save what He will. His throne includes the heavens and the earth, and He is never weary of preserving them. He is the Sublime, the Tremendous."(73)

﴿اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ لَّهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَن ذَا الَّذِى يَشْفَعُ عِندَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَؤُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ﴾ [سورة البقرة: الآية ٢٥٥].

Whoever recites Ayat Al-Kursi(74) will be protected by Allah, will not be approached by any devils, and will enter Paradise if he dies as soon as he recites it; yet, nothing prevents him from going straight to Paradise except that he is not dead yet.

/a/ = h**a**ppy; /aa/ = l**a**mb; /aa/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**, /d/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = Paris); /h/ = **h**as; /ḥ/ = **ḥ**ulm (Arabic dream);

[2] Recite Surat Al-Ikhlaas, Surat Al-Falaq and Surat An-Naas

One should recite these Surahs three times[75] each as part of the Adhkaar following the Fajr and Asr *salaahs* in particular, as part of the morning and the evening **Adhkaar and on going to bed.** By Allah's Grace, given purified intentions, doing so qualifies one for protection from evil.

It is worth mentioning that recitation of Surat Al-Ikhlaas three times equals the recitation of the whole Qur'an in reward.

Surat Al-Ikhlaas

/(1) qul huw-allaahu aħad, (2) allaahuS-Samad, (3) lam yalid wa-lam yuulad, (4) wa-lam yakul-lahu kufuwan aħad/

"(1) Say: He is Allah, the One! (2) Allah, the eternally besought of all! (3) He begets not, nor was begotten. (4) And there is none comparable unto Him."

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

﴿قُلۡ هُوَ ٱللَّهُ أَحَدٌ ۝ ٱللَّهُ ٱلصَّمَدُ ۝ لَمۡ يَلِدۡ وَلَمۡ يُولَدۡ ۝ وَلَمۡ يَكُن لَّهُۥ كُفُوًا أَحَدُۢ ۝﴾ [سورة الإخلاص]٠

Surat Al-Falaq

/(1) qul aʕuuđu bi-rabbil-falaq(i), (2) miŋ sharri maa khalaq(a), (3) wa-miŋ sharri ghaasiqin iđaa waqab(a), (4) wa-miŋ sharrin-naffaathaati fil-ʕuqad(i), (5) wa-miŋ sharri ħaasidin iđaa ħasad/

"(1) Say: I seek refuge in the Lord of Daybreak (2) From the evil of that which He created, (3) From the evil of the darkness when it is intense, (4) And from the evil of malignant witchcraft, (5) And from the evil of the envier when he envies."

﴿قُلۡ أَعُوذُ بِرَبِّ ٱلۡفَلَقِ ۝ مِن شَرِّ مَا خَلَقَ ۝ وَمِن شَرِّ غَاسِقٍ إِذَا وَقَبَ ۝ وَمِن شَرِّ ٱلنَّفَّٰثَٰتِ فِي ٱلۡعُقَدِ ۝ وَمِن شَرِّ حَاسِدٍ إِذَا حَسَدَ ۝﴾ [سورة الفلق]٠

/a/ = h**a**ppy; */aa/* = l**a**mb; */aa/* = st**a**r; */ay/* = f**i**nd; */d/* = ba**d**; */đ/* = **th**is; */D/* = **d**umb; */ee/* = m**ee**t; */gh/* = Paris); */h/* = **h**as; */ħ/* = **ħ**ulm (Arabic dream);

Surat An-Naas

/(1) qul aʐuuđu bi-rabbin-naas(i), (2) malikin-naas(i), (3) ilaahin-naas(i), (4) miŋ sharril-waswaasil-khannaas(i), (5) alladʐee yuwaswisu fee Suduurin-naas(i), (6) minal-jinnati wan-naas/

"(1) Say: I seek refuge in the Lord of mankind, (2) The King of mankind, (3) The God of mankind, (4) From the evil of the sneaking whisperer, (5) Who whispereth in the hearts of mankind, (6) Of the jinn and of mankind."

﴿قُلْ أَعُوذُ بِرَبِّ ٱلنَّاسِ ۝ مَلِكِ ٱلنَّاسِ ۝ إِلَٰهِ ٱلنَّاسِ ۝ مِن شَرِّ ٱلْوَسْوَاسِ ٱلْخَنَّاسِ ۝ ٱلَّذِى يُوَسْوِسُ فِى صُدُورِ ٱلنَّاسِ ۝ مِنَ ٱلْجِنَّةِ وَٱلنَّاسِ ۝﴾

[سورة الناس].

[3] Say 10-100 times a day[76]:

/laa ilaaha illal-laah(u) waħdahu laa shareeka lah(u), lahul-mulk(u) wa-lahul-ħamd(u), wa-huwa ʐalaa kulli shayiŋ qadeer/

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ź/ = Thus

"There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all praise is due. He has power over all things."

«لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ».

If one says the above-mentioned supplication ten times, one gets a reward equal to freeing one person from the offspring of Isma'eel - may Allah's blessings be upon him. If one repeats it a hundred times, one is given a hundred rewards, a hundred of one's sins are atoned, and one is protected from Satan all day till nightfall.

[4] Say these prayers three times[77]:

/subħanal-laahi wa-bi-ħamdih(i), ζadada khalqih(i) wa-riDaa nafsih(i), wa-zinata ζarshih(i), wa-midada kalimaatih(i)/

/a/ = h**a**ppy; */aa/* = l**a**mb; */aa/* = st**a**r; */ay/* = f**i**nd; */d/* = ba**d**, */d/* = **th**is; */D/* = **d**umb; */ee/* = m**ea**t; */gh/* = Paris); */h/* = **h**as; */ħ/* = **ħ**ulm (Arabic dream);

"Glory and praise be to Allah as many times as the number of His creatures, as much as He pleases, as heavy as His Throne and as lasting as the ink ever used to record His words."

«سُبْحَانَ اللَّهِ وَبِحَمْدِهِ، عَدَدَ خَلْقِهِ، وَرِضَا نَفْسِهِ، وَزِنَةَ عَرْشِهِ، وَمِدَادَ كَلِمَاتِهِ».

The above prayer is considered to be worth more than all the supplications said by Om Al-Mu'mineen (the mother of the faithful) Jwairiyah from dawn to Duha (the time starting from the brightening of the sun light and ending a little before noon).

[5] One should say:

/subĥaanal-laah(i) wa-biĥamdih/

"Glory be to Allah, and all praise be to Him."

«سُبْحَانَ اللَّهِ وَبِحَمْدِهِ».

If one says the above prayer a hundred

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times[78] in one day, Allah will bless him by atoning all his sins, however great they might be. Only the one who says more will have done better.

[6] One should pray for the Prophet and his family by saying

/allaahumma Salli ζalaa muħammad(iw), wa-ζalaa aali muħammad(iŋ), kamaa Sallaita ζalaa ibraaheem(a), wa-ζalaa aali ibraaheem(a), wa-baarik ζalaa muħammad(iw), wa-ζalaa aali muħammad(iŋ), kamaa baarakta ζalaa ibraaheem(a), wa-ζalaa aali ibaraaheem(a), fil-ζaalameen(a), innaka ħameedum-majeed/

"O Allah, pray for Muhammad and the family of Muhammad, as You have prayed for Ibraheem and the family of Ibraheem, and bless Muhammad and the family of Muhammad, as You have blessed Ibraheem and the family of Ibraheem, in all the worlds. You are Praiseworthy and Gloryworthy."[79]

/a/ = h**a**ppy; /aa/ = l**a**mb; /**aa**/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /d/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = **P**aris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

«اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وعلى آلِ إِبْرَاهِيمَ، إِنَّكَ حَمِيدٌ مَجِيدٌ، اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وعلى آلِ إِبْرَاهِيمَ، فِي الْعَالَمِينَ إِنَّكَ حَمِيدٌ مَجِيدٌ».

It is recommended that one should say the above prayer ten times[80] or as many times as he likes. The Prophet said, "If one invokes Allah's blessings on me once, Allah blesses him ten times."[81]

One should also invoke Allah's prayers and blessings on the Prophet on Friday in particular, for he said, "One of your best days is Friday, so invoke Allah's peace and blessings on me that day...."[82]

[7] This supplication is considered the best for seeking Allah's forgiveness

/allaahumma anta rabbee, laa ilaaha illaa ant(a), khalaqtanee wa-anaa ʕabduk(a), wa-anaa ʕalaa ʕahdika wa-waʕdika ma-

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staTaʿt(u), aʿuuđu bika miŋ sharri maa Sanaʿt(u), abuu-u laka bi-niʿmatika ʿalayy(a), wa-abuu-u laka biđambi, fa-ghfir lee, innahu laa yaghfiruđ-đunuuba illaa aŋt/

"O Allah, You are my Lord, there is no God but You. You created me, and I am Your slave. I try my best to keep my covenant (faith) with You and to live in the hope of Your promise. I seek refuge in You from the evil I have done. I acknowledge Your favors upon me, and I admit my sins. Please, forgive me, for none forgives sins but You."[83]

«اللَّهُمَّ أَنْتَ رَبِّي لا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ لَكَ بِذَنْبِي فَاغْفِرْ لِي، فَإِنَّهُ لا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ».

If one dies after saying the above supplication with firm faith, one qualifies for Paradise, by Allah's Grace.

/a/ = h**a**ppy; /aa/ = l**a**mb; /<u>aa</u>/ = st**a**r; /ay/ = f**i**nd; /d/ = ba**d**; /đ/ = **th**is; /D/ = **d**umb; /ee/ = m**ea**t; /gh/ = **Pa**ris); /h/ = **h**as; /ħ/ = **ħ**ulm (Arabic dream);

[8] One can ask Allah's forgiveness by saying:

/astaghfirul-laaha wa-atuubu ilayh/

"I seek Allah's forgiveness, and to Him I relent."

«أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ».

This can be said 70-100 times[84]. It brings comfort into one's heart.

[9] In the morning, one should pray:

/allaahumma bika aSbaĥnaa, wa-bika amsaynaa, wa-bika naĥyaa, wa-bika namuut(u), wa-ilaykan-nushuur/

"O Allah! In Your name we have reached the morning, as in Your name we reached the nightfall. By Your permission we live, and by It we die, and unto You is the Resurrection."

«اللَّهُمَّ بِكَ أَصْبَحْنَا، وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ».

/i/ = sit; */ŋ/* = tank / ring; */s/* = set; */S/* = sum; */sh/* = she; */th/* = think; */T/* = tub; */u/* = could; */uu/* = food; */w/* = cow; */z/* = zero; */Ż/* = Thus

Similarly, in the evening, one should pray:

/allaahumma bika amsaynaa, wa-bika aSbaĥnaa, wa-bika naĥyaa, wa-bika namuut(u), wa-ilaykal-maSeer/

"O Allah! In Your name we have reached the nightfall, as in Your name we reached the morning. By Your permission we live, and by It we die, and unto You is the return."[85]

«اللَّهُمَّ بِكَ أَصْبَحْنَا وَبِكَ أَمْسَيْنَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ، وَإِلَيْكَ النُّشُورُ. وَإِذَا أَمْسَى فَلْيَقُلْ : اللَّهُمَّ بِكَ أَمْسَيْنَا وَبِكَ أَصْبَحْنَا، وَبِكَ نَحْيَا وَبِكَ نَمُوتُ، وَإِلَيْكَ الْمَصِيرُ».

[10] One should say the following prayers in the morning and on going to bed:

/allaahumma faatiras-samaawaati wal-arD(i), ζaalimal-ghaybi wash-shahaada(ti), laa ilaaha illaa aŋt(a), rabba kulli shai-iw-wamaleekah(u), aζuuthu bika miŋ sharri

*nafsee, wa-min sharrish-shaytaani wa-
shirkih(i), wa-an aqtarifa ζalaa nafsee suu-
a(n) aw ajurrahu ilaa muslim/*

"O Allah, Creator of the heavens and the
earth, knower of the unseen and the seen!
There is no God but You, Lord and Owner of
everything. I seek refuge in You from the evil
of myself, from the evil of Satan and his Shirk,
and from causing evil unto myself or unto
other Muslims."[86]

«اللَّهُمَّ فَاطِرَ السَّمَاوَاتِ وَالأَرْضِ، عَالِمَ الْغَيْبِ
وَالشَّهَادَةِ، لا إِلَهَ إِلَّا أَنْتَ رَبُّ كُلِّ شَيْءٍ وَمَلِيكَهُ،
أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي، وَمِنْ شَرِّ الشَّيْطَانِ وَشِرْكِهِ، وَأَنْ
أَقْتَرِفَ عَلَى نَفْسِي سُوءًا أَوْ أَجُرَّهُ إِلَى مُسْلِمٍ».

**[11] The Prophet always said these prayers in
the evening and in the morning:**

*/allaahumma innee as-aluk-alζaafiya(ta) fid-
dunya walaakhira(ti), allaahumma innee as-
aluk-alζafwa wal-ζaafiya(ta), fee deenee wa-*

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she;
/th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow;
/z/ = zero; /Ź/ = Thus

dunyay(a), wa-ahlee wa-maalee, allaahumma-stur ζawraatee, wa-aamir-rawζaatee, allhumma-hfaŽnee mimbayni yadayya, wamin khalfee, wa-ζay-yameenee, wa-ζan shimaalee, wamin fawqee, waζuuthu bi-ζaŽamatik(a) an ughtaala miŋ taĥtee/

"O Allah, I ask You for security in this world and the Hereafter. O Allah! I ask You for forgiveness and for security of my faith, my worldly affairs, my family and my wealth. O Allah! Let my private affairs remain secret, and remove my fears. O Allah! Guard me in front and behind, on my right and left, and from above. In Your Magnificence I seek refuge from being unexpectedly harmed from beneath."[87]

«اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالآخِرَةِ، اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي، اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَآمِنْ رَوْعَاتِي، اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ وَمِنْ خَلْفِي، وَعَنْ يَمِينِي وَعَنْ شِمَالِي، وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي».

/a/ = happy; /aa/ = lamb; /aa/ = star; /ay/ = find; /d/ = bad;
/d/ = this; /D/ = dumb; /ee/ = meat; /gh/ = Paris); /h/ = has;
/ĥ/ = ĥulm (Arabic dream);

The above prayers are meant to invoke Allah to protect the supplicant, particularly from being swallowed by the earth.

[12] In the morning one can pray:

/aSbaĥnaa, wa-aSbaĥal-mulku-lillaah(i), wal-ĥamdulil-laah(i), laa ilaaha illal-laah(u) waĥdah(u), laa shareeka lah(u), lahul-mulku, wa-lahul-ĥamd(u), wa-huwa ζalaa kulli shai-iŋ qadeer/

"We have reached morning time, while the dominion remains Allah's, and to Him all praise is due. There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all Praise is due. He has power over all things."

«أَصْبَحْنَا وَأَصْبَعَ الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ».

Similarly, at night one can pray:

/amsayna, wa-amsal-mulku-lillaah(i), laa ilaaha illal-<u>laa</u>h(u), wa<u>ĥ</u>dah(u), laa shareeka lah(u), lahul-mulk(u), wa-lahul-<u>ĥ</u>amd(u) wa-huwa ζalaa kulli shai-iŋ qadeer/

"We have reached evening time, while the dominion remains Allah's, and to Him all praise is due. There is no God but Allah, alone without partners. To Him belongs the dominion, and to Him all Praise is due. He has power over all things."

«أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ، لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ».

In addition, one can pray:

/rabbee, as-aluka khayra maa fee haađihil-layla(ti), wa-khayra maa baζdahaa, wa-aζuuđu bika miŋ sharri maa fee haađihil-layla(ti), wa-sharri maa bζadahaa/

"O my Lord! I ask You the good of tonight and the good of what follows it, and I seek refuge in You from the evil of tonight and the evil of what follows it."(88)

«رَبُّ أَسْأَلُكَ خَيْرَ مَا فِي هَذِهِ اللَّيْلَةِ، وَخَيْرَ مَا بَعْدَهَا، وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِي هَذِهِ اللَّيْلَةِ، وَشَرُّ مَا بَعْدَهَا».

[13] In the morning, one can pray:

/aSbaĥnaa ζalaa fîTratil-islaam, wa-ζalaa kalimatil-ikhlaaS, wa-ζala deeni nabiyyina muĥammad(iw), wa-ζalaa millati abeena ibraaheema ĥaneefam-muslima(w), wa-maa kaana minal-mushrikeen/

"We have reached morning time, while still adhering to Islam, the instinctive religion, to the word of pure faith, and to the religion of our Prophet Muhammad, and in the footsteps of our father Ibraheem, who was a pure Muslim, but not a polytheist."(89)

«أَصْبَحْنَا عَلَى فِطْرَةِ الإِسْلَامِ، وَعَلَى كَلِمَةِ الإِخْلَاصِ،

/i/ = sit; /ŋ/ = tank / ring; /s/ = set; /S/ = sum; /sh/ = she; /th/ = think; /T/ = tub; /u/ = could; /uu/ = food; /w/ = cow; /z/ = zero; /Ż/ = Thus

وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ ﷺ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ».

The above prayer can be said in the evening, by using */amsaynaa/* (We have reached evening time) instead of */aSbaħnaa/* (We have reached morning time):

//amsaynaa ʕalaa fiTratil-islaam, wa-ʕalaa kalimatil-ikhlaaS, wa-ʕala deeni nabiyyina muħammad(iw), wa-ʕalaa millati abeena ibraaheema ħaneefam-muslima(w), wa-maa kaana minal-mushrikeen/

"We have reached evening time, while still adhering to Islam, the instinctive religion, to the word of pure faith, and to the religion of our Prophet Muhammad, and in the footsteps of our father Ibraheem, who was a pure Muslim, but not a polytheist."

«أَمْسَيْنَا عَلَى فِطْرَةِ الإِسْلَامِ، وَعَلَى كَلِمَةِ الإِخْلَاصِ،

/a/ = h**a**ppy; */aa/* = l**a**mb; */aa/* = st**a**r; */ay/* = f**i**nd; */d/* = ba**d**; */d/* = **th**is; */D/* = **d**umb; */ee/* = m**ea**t; */gh/* = Paris); */h/* = **h**as; */ħ/* = **ħ**ulm (Arabic dream);

وَعَلَى دِينِ نَبِيِّنَا مُحَمَّدٍ ﷺ، وَعَلَى مِلَّةِ أَبِينَا إِبْرَاهِيمَ حَنِيفًا مُسْلِمًا وَمَا كَانَ مِنَ الْمُشْرِكِينَ».

[14] If one says the following prayer on arriving at a place to stay, no harm will happen to him in that place during his stay, by the Grace of Allah:

/aʿuuđu bi-kalimaatil-laahit-taamaat(i), miŋ sharri maa khalaq/

"I seek refuge in Allah's perfect Words from the evil of what He has created."[(90)]

«أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ».

[15] If one says the following supplication three times, one will not be harmed and will not encounter any sudden affliction during the day:

/bismil-laahil-lađee laa yaDurru maʿa-smihi shayuŋ fil-arD(i), wa-laa fis-samaa'(i), wa-huwas-sameeʿul-ʿaleem/

"In the name of Allah, without Whose permission nothing on earth or in the heavens can harm, and He is All-Hearing, All-Knowing!"[91]

«بِسْمِ اللّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ».

[16] If one says these prayers three times, Allah will please him:

/raDeetu bil-laahi rabba(w), wa-bil-islaami deena(w), wa-bi-muĥammadiɳ Sallal-laahu ζalayhi wa-sallama nabiyyaa/

"I am pleased to accept Allah as my Lord, Islam as my religion and Muhammad ﷺ as His Prophet."[92]

«رَضِيتُ بِاللّهِ رَبّاً، وَبِالْإِسْلَامِ دِيناً، وَبِمُحَمّدٍ صَلَّى اللّهُ عَلَيْهِ وَسَلّمَ نَبِيّاً».

In conclusion of these selected daily and

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nightly supplications, I pray to Allah, the most High, to enable me and you, dear reader, to learn and say them, as His Messenger Muhammad ﷺ used to.

Praise be to Allah, by Whose Grace good deeds are accomplished.

❖ ❖ ❖

/i/ = s*i*t; */ŋ/* = ta*n*k / ri*ng*; */s/* = *s*et; */S/* = *s*um; */sh/* = *sh*e;
/th/ = *th*ink; */T/* = *t*ub; */u/* = co*u*ld; */uu/* = f*oo*d; */w/* = co*w*;
/z/ = *z*ero; */Ź/* = *Th*us

Endnotes

(1) *Sahih Muslim*, Hadith No. 118.

(2) *Sahih Muslim*, Hadith No. 1893.

(3) *Sahih Al-Bukhari*, Hadith No. 6325.

(4) *Sunan Attermidhiy*, Hadith No. 3401.

(5) *Sahih Al-Bukhari*, Hadiths No. 142 and No. 6322. & *Sahih Muslim*, Hadith No. 375.

(6) *Sunan Abu-Daawuud*, Hadith No. 30. & *Sunan Attermidhiy*, Hadith No. 7.

(7) This is similar to a long Hadith in *Sahih Muslim*, Hadith No. 763.

(8) *Sahih Muslim*, Hadith No. 234. *Sunan Annassaaey*, Hadith No. 1700.

(9) *Sahih Muslim*, Hadith No. 770.

(10) *Sunan Abu-Daawuud*, Hadith No. 1423. & *Sunan Annassaaey*, Hadith No. 1700.

(11) This is the case with those who consider *qunuut* to be done in the Fajr salaah. According to the Shafi'iy school of thought, *qunuut* is done aloud after straightening up from *rukuu'* in the second rak'ah, but silently before bending for rukuu in the

second rak'ah according to the Maliki school of thought. There is agreement on the legality of *qunuut* in afflictions and in all salaahs. *Wallaahu a'lam* (The whole truth is with Allah alone).

(12) *Sunan Abu-Daawuud*, Hadith No. 1425. & *Sunan Attermidhi*, Hadith No. 464.

(13) *Sunan Annassaaey*, Hadith No. 1700.

(14) *Sunan Annassaaey*, Hadith No. 1733.

(15) *Sahih AL-Bukhari*, Hadith No. 611. & *Sahih Muslim*, Hadith No. 385.

(16) *Sahih Muslim*, Hadiths No. 384 and No. 386.

(17) *Sahih Al-Bukhari*, Hadith No. 614.

(18) *Sunan Abu-Daawuud*, Hadith No. 4023.

(19) *Sunan Abu-Daawuud*, Hadith No. 4023. & *Sunan Attermidhiy*, Hadith No. 1767.

(20) *Sunan Abu-Daawuud*, Hadith No. 5095.

(21) *Ibid.*, Hadith No. 5094.

(22) Apparently, the Hadith is about going to the mosque for the Fajr salaah. However, it can apply to the rest. *Wallaahu a'lam* (The whole truth is with Allah alone).

(23) *Sahih Al-Bukhari*, Hadith No. 6316, & *Sahih Muslim*, Hadith No. 763.

(24) *Sunan Abu-Daawuud*, Hadith No. 2602. & *Sunan Attermidhiy*, Hadith No. 3446.

(25) *Sahih Muslim*, Hadith No. 2595.

(26) *Sahih Ibn Hibbaan*, Hadith No. 970. & *Sahih Ibn Al-Sunny*, Hadith No. 353.

(27) *Sahih Muslim*, Hadith No. 713. See Al-Haafiz Ibn Al-Qayyim's *Jalaa' Al-Afhaam*, p. 378.

(28) *Sahih Muslim*, Hadith No. 771.

(29) *Sunan Abu-Daawuud*, Hadith No. 776. & *Sunan Attermidhiy*, Hadith No. 242. & *Sahih Muslim*, Hadith No. 399. See *Sahih Abu Daawuud*, Hadith No. 702.

(30) *Sahih AL-Bukhari*, Hadith No. 794. & *Sahih Muslim*, Hadith No. 484.

(31) *Sahih Muslim*, Hadith No. 487.

(32) Annawawi's *Al-Adhkaar*, Kitaab Adhkaar Arrukuu' (Book of What to Say during Rukuu').

(33) *Sahih Muslim*, Hadith No. 480.

(34) *Sahih AL-Bukhari*, Hadiths No. 732. & *Sahih Muslim*, Hadith No. 476.

(35) *Sahih AL-Bukhari*, Hadiths No. 799.

(36) *Sahih Muslim*, Hadith No. 477. The Arabic word /mil-a/ (the fill of) is also pronounced /mil-u/. In his *Sharh Sahih Muslim*, p. 4/193 and p. 6/59, Annawawi argues for /mil-a/, as the most widely used.

(37) *Sunan Abu-Daawuud*, Hadith No. 850 & *Sunan Attermidhiy*, Hadith No. 284. & *Sunan Ibn-*

Maajah, Assalaah, Hadith No. 898.

(38) *Sunan Ibn-Maajah*, Hadith No. 897. *& Sunan Annassaaey*, Hadith No. 1146. See *Sahih Ibn Maajah*, Hadith 731.

(39) *Sahih AL-Bukhari*, Hadith No. 831. *& Sahih Muslim*, Hadith No. 402.

(40) *Sahih AL-Bukhari*, Hadith No. 3370. *& Sahih Muslim*, Hadith No. 405.

(41) *Sahih AL-Bukhari*, Hadith No. 835. *& Sahih Muslim*, Hadith No. 402.

(42) *Sahih AL-Bukhari*, Hadith No. 1377. *& Sahih Muslim, Hadith No. 588.*

(43) *Sahih Muslim*, Hadith No. 771.

(44) *Sahih Al-Bukhari*, Hadith No. 834. *& Sahih Muslim*, Hadith No. 2704.

(45) *Sunan Abu-Daawuud*, Hadith No. 886. *& Sunan Attermidhiy*, Hadith No. 261.

(46) *Sahih Muslim*, Hadith No. 771. *& Sunan Attermidhiy*, Hadith No. 580.

(47) *Sunan Attermidhiy*, Hadith No. 579.

(48) See Ibn Baaz'z *Tuhfat Al-Akhyaar (The Gem of the Good)*. After the imam finishes salaah, he should say, "Astaghfiru Allah!" 3 times, then "O Allah, You are peace and peace is from You. Blessed be He, the owner of Majesty and

Splendour". Then he should face the congregation and say the usual post-salaah adhkaar. These adhkaar are not obligatory. They are voluntary Sunnah.

(49) *Sahih Muslim, Hadith No* 591.

(50) Ibid, Hadith 594.

(51) *Sahih Al-Bukhari,* Hadith No. 844. *& Sahih Muslim, Hadith No* 593.

(52) See Ibn Baaz'z *Tuhfat Al-Akhyaar* (The Gem of the Good), p. 23. He argues for doing so as commendable. See also *Sunan Attermidhiy,* Hadith No. 3474 and Hadith No 3534. Hadith No. 3474 affirms doing it after finishing the Fajr salaah, while Hadith No 3534 affirms doing it after finishing the Maghrib salaah.

(53) *Sahih Muslim,* Hadith No. 597.

(54) *Sunan Annasaaey Al-Kubra,* Hadith No. 9928. *& Amal Alyoum wal laylah,* Hadith No. 100, and Ibn Assunni, Hadith 121.

(55) *Sunan Abu-Daawuud,* Hadith No. 1523 *& Sunan Attermidhiy,* Hadith No. 2903.

(56) See Endnote No. 27.

(57) *Sunan Abu-Daawuud,* Hadith No. 5096.

(58) *Sahih Al-Bukhari,* Hadith No. 5376. *& Sahih Muslim,* Hadith No. 2022.

(59) *Sunan Abu-Daawuud,* Hadith No. 3767 and Hadith No. 3768. & *Sunan Attermidhiy,* Hadith No. 1858. & *Sunan Ibn Maajah,* Hadith No. 3264.

(60) *Sahih Al-Bukhari,* Hadith No. 5458.

(61) *Sahih Al-Bukhari,* Hadith No. 3275.

(62) *Sahih Al-Bukhari,* Hadith No. 5040. & *Sahih Muslim,* Hadiths No. 807 & No. 808.

(63) *Sunan Abu-Daawuud,* Hadith No. 5055, and *Sunan Attermidhiy,* Hadith No. 3403.

(64) *Sahih Al-Bukhari,* Hadith No. 6319.

(65) *Sahih Al-Bukhari,* Hadith No. 313. & *Sahih Muslim,* Hadith No. 2727.

(66) *Sahih Al-Bukhari,* Hadith No. 6312. & *Sahih Muslim,* Hadith No. 2711.

(67) *Sahih Muslim,* Hadith No. 2713.

(68) *Sahih Al-Bukhari,* Hadith No. 6320. & *Sahih Muslim,* Hadith No. 2714.

(69) *Sahih Al-Bukhari,* Hadith No. 247. & *Sahih Muslim,* Hadith No. 2710.

(70) *Sahih Al-Bukhari,* Hadith No. 1154.

(71) The recommended time for morning remembrance is from a little after the Fajr (dawn) prayer to a little before sunrise, and for the evening remembrance is from a little after the Asr (afternoon) prayer to a little before sunset.

However, if, for some reason, one does not say his morning remembrance - or part of it - at the recommended time, he can say it after sunrise. Similarly, he can say his evening remembrance after sunset. The Prophet said, "If one misses his Hizb (the portion of the Qur'an which he has normally allocated for himself to read every night) because of sleep, he can read it between dawn and noon, and it will count as read during the night." [*Sahih Muslim*, Hadith No. 747]

(72) See Endnote No. 747.

(73) The value of such remembrance and of what follows it is confirmed by the Prophet's Sunnah.

(74) *Sunan Abu-Daawuud*, Hadith No. 5082, and *Sunan Attermidhiy*, Hadith No. 3575.

(75) *Sahih Al-Bukhari*, Hadiths No. 6403 and No. 6404. & *Sahih Muslim*, Hadith No. 2693.

(76) *Sahih Muslim*, Hadith No. 2726.

(77) *Sahih Al-Bukhari*, Hadith No. 6405. & *Sahih Muslim*, Hadith No. 2692.

(78) *Sahih Al-Bukhari*, Hadith No. 3370, and *Sahih Muslim*, Hadith No. 405.

(79) According to At-Tabaraani, the Prophet said, "If one prays for me 10 times in the morning, and 10 times at night, one qualifies for my intercession on

the Resurrection Day." See Al-Munziry's *Attargheeb watterheeb (Persuasion vs. Warning)*.

(80) *Sahih Muslim*, Hadith No. 384.

(81) *Sunan Abu-Daawuud*, Virtues of the Friday Day and Night), Hadith No. 1047. & *Musnad Ahmad*, Hadith No. 4/8.

(82) *Sahih Al-Bukhari*, Hadiths No. 6303 and 6323.

(83) *Sahih Al-Bukhari*, Hadith No. 6307. & *Sahih Muslim*, Hadith No. 2702.

(84) *Sunan Abu-Daawuud*, Hadith No. 5068.

(85) *Sunan Attermidhiy*, Hadith No. 3529.

(86) *Sunan Abu-Daawuud*, Hadith No. 5074.

(87) *Sahih Muslim*, Hadith No. 2723.

(88) *Musnad Ahmad*, Hadith No. 3/407, and Ibn-Assunni in *"The Work of the Day and Night"*, Hadith No. 34.

(89) *Sahih Muslim*, Hadiths No. 2708 and No. 2709.

(90) *Sunan Abu-Daawuud*, Hadith No. 5088. & *Sunan Attermidhiy*, Hadith No. 3388..

(91) *Sunan Abu-Daawuud*, Hadith No. 5072. & *Musnad Ahmad*, Hadith No. 4/337.

By Allah's Grace, *Daily and Nightly Supplications* (Book Three in *The Believer's Provision Series*) is completed, but to be followed by *Teaching Qur'anic Recitation*, in Arabic, Book Four in *The Believer's Provision Series*.

Publications by the Author

1. *Raghbah* (an Arabic-English edition)

2. *Your Guide to Raghbah* (Arabic - English)

3. *Al-Jeraisy Family* (Arabic - English)

4. *Selected Documents on Saudi-Egyptian Relations during the Reign of King Abdul-Aziz Al-Saud, Volumes 1-3* (Arabic)

5. *Time Management from Islamic and Administrative Perspectives* (Arabic - English)

6. *Administrative Leadership from Islamic and Administrative Perspectives* (Arabic - English)

7. *Consumer Behavior: An Analytical Study of The Saudi Family's Purchase Decisions (Purchasing Computers)* (Arabic - English)

8. *Tribalism from an Islamic Perspective* (Arabic)

9. *A Critique of the Role of Art* (Arabic)

10. *Virtues of Polygamy,* (Arabic - English)

11. *Muslim Women: Where to?* (Arabic)

12. *Delinquency: Treatment in Light of the Qur'an and the Sunnah* (Arabic)

13. *Protection from Satan's Temptations* (Arabic)

14. *Guarding against Magic* (Arabic)

15. *Legal Ruqya* (Arabic)

*Book 5: Fatwas on Zakaah, Fasting,
Hajj and Omrah*　　　　　　　　　　　(Arabic)

*Book 6: Fatwas on Marriage,
Divorce and Treatment of Wives*　　　(Arabic)

*Book 7: Fatwas on Sales, Transactions
and Usury*　　　　　　　　　　　　(Arabic)

*Book 8: Fatwas on Medicine, Ruqya
Treatment, Amulets and Magic*　　　　(Arabic)

Book 9: Fatwas for Women　　　　　(Arabic)

Book 10: Fatwas on Manners　　　　(Arabic)

*Book 11: Fatwas on Religious Knowledge,
Ijtihaad and Daawah*　　　　　　　　(Arabic)

Book 12: Miscellaneous Fatwas　　　(Arabic)

**The following Arabic reference books jointly
investigated - co-investigator: Dr. Saad Ibn Abdullah
Al-Humayyid:**

30. *Kitaab Al-'Ilal (Book of Defects of Hadith
Evaluation)* by Ibn Abi Hatim

31. *Mu'jam Al-Tabaraani:* Part of Vol. 21, in
Musnad Al-Nu'man Ibn Basheer

32. Vol. 13, *Mu'jam Al-Tabaraani*

33. *Su'aalaat Assulami Liddaara-Qutniy
(Questions put by Assulami to Al-Daara-Qutniy)*

34. Ibn Al-Jawzi's *Afat Ashaab Al-Hadeeth
(The Problem with Hadith Researchers)*
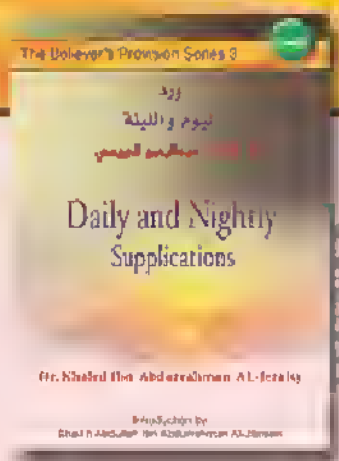
"I have read this booklet, *Daily and Nightly Supplications*, and 1 have seen how beneficial it is. It is brief, but sufficient. The supplications are selected from the *sahih* Sunnah of Prophet Muhammad-may Allah's blessings and peace be upon him. May Allah reward the author generously."

Abdullah Ibn Abdurrahman AL-Jibreen